

**WEST COAST SHOTO KAN KARATE - DO ASSN. INTERNATIONAL
& WORLD FEDERATION OF KARATE - DO ORGANIZATIONS**

SCHOOLS IN U.S.A, MEXICO, EUROPE,
& ISRAEL

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2nd Dan (Nidan) Examination Procedures

KIHON:

Last attack every set with KIAI.

Hand Techniques – By Agime

Yoi... Gedan Barai right leg step back

5 Times

- FORWARD: **GEDAN BARAI, GYAKO ZUKI [chudan], KIZAMI ZUKI [jodan]**
Down Block, Reverse Punch [stomach] and Jab Punch [face].
- BACK: **SAN BAN ZUKI [jodan, chudan, gedan]**
Forward Lunging Punch [face, stomach, lower stomach].
- FORWARD: **AGE UKE, URAKEN UCHI UNAGI TE, GYAKO ZUKI [chudan], KIZAMI ZUKI [jodan]**

Rising Block, Back Fist Strike (same hand), Reverse Punch [stomach] and Jab Punch [face].

- BACK: **SOTO UKE (zenkutsu dachi), YOKO EMPI, URAKEN UCHI (kiba dachi), KIZAMI ZUKI [jodan] (zenkutsu dachi), GYAKO ZUKI [chudan]**
Outside Block (forward stance), Elbow Strike, Back Fist Strike (side stance), Jab Punch [face] (forward stance) and Reverse Punch [stomach].
- FORWARD: **UCHI UKE, KIZAMI ZUKI [jodan], GYAKO ZUKI [chudan], KIZAMI ZUKI [jodan]**
Inside Block, Jab Punch [face], Reverse Punch [stomach] and Jab Punch [face].
- BACK: **SHOTO UKE (kokutsu dachi), NIDAN MAE GERI KEAGE; NUKITE [chudan] (zenkutsu dachi), NAKO ASHI DACHI, MAE GERI KEAGE MAE ASHI, GEDAN BARAI (zenkutsu dachi) Knife-Hand Block (back stance), Front Leg Snap Kick [stomach], Back Leg Snap Kick [face], Finger Thrust [stomach] (forward stance); Two-Hand Block (Back Leg Stance), Front Leg Snap Kick [stomach], Down Block (forward stance)...*Yame***

Combined Techniques – By Agime

Yoi... Gedan Barai right leg step back

2 Times - Forward, Turn & Back:

SAN BAN ZUKI [jodan, chudan, gedan], drawing back **AGE UKE, GYAKO ZUKI [chudan]**, forward **MAE GERI KEAGE [chudan]**, forward **MAWASHI GERI KEAGE [jodan]**, forward **URAKEN UCHI**, forward **SHOTO UKE (kokutsu dachi) NIDAN MAE GERI KEAGE (MAE ASHI-URA ASHI); NUKITE [chudan] (zenkutsu dachi)**, forward **GEDAN BARAI, MAITE**, again, **MAITE**, ... *Yame*.

Kicking Techniques – By Agime

Yoi... Gedan Barai right leg step back

(In the end of each set, MAITE with GEDAN BARAI)

5 Times

- FORWARD: **NIDAN GERI KEAGE (MAE ASHI, URA ASHI) - KIZAMI MAE GERI KEAGE [chudan], HIDARI MAE GERI KEAGE [jodan]**
Double Kick - Front Leg Front Snap Kick [stomach] and Back Leg Front Snap Kick [Face] **MAITE**.
- BACK: **NIDAN GERI - MAE GERI KEAGE [jodan], MAE GERI KEKOMI [chudan] (UNAGI ASHI)**
Front Snap Kick [Face], Front Thrust Kick [stomach] - same leg **MAITE**.

3 Times

- FORWARD: **NIDAN GERI - MAE GERI KEAGE [chudan] (kawaru) YOKO GERI KEKOMI [chudan]**
Double Kick - Front Snap Kick [stomach] (change legs) Side Thrust Kick [low] **MAITE**.

5 Times

- **BACK: NIDAN GERI - MAWASHI GERI KEAGE [jodan], YOKO GERI KEKOMI [chudan] (MAE ASHI – UNAGI ASHI), MAWASHI GERI KEAGE [jodan], YOKO GERI KEKOMI [chudan] (URA ASHI – UNAGI ASHI)**

Roundhouse Snap Kick [face], Side Thrust Kick [low]: Front Leg-same leg and

Roundhouse Snap Kick [face], Side Thrust Kick [low]: Back Leg-same leg **MAITE**.

- **FORWARD: NIDAN USHIRO GERI KEKOMI [chudan],**

Double Kick - Front Leg Back Thrust Kick [stomach] and Back Leg Back Thrust Kick [stomach] **MAITE**.

3 Times

- **BACK: MAE NIDAN TOBI GERI KEAGE, GYAKO ZUKI [chudan]**

Double Flying Front Snap Kicks and Reverse Punch [stomach] **MAITE**.

1 Time

FORWARD, TURN & BACK: MAE GERI KEAGE [chudan], YOKO GERI KEKOMI [chudan], MAWASHI GERI KEAGE [jodan], USHIRO GERI KEKOMI [chudan], OI ZUKI [chudan], KIZAMI ZUKI [chudan], Each forward, MAITE, ... Yame.

Yoi... Kiba Dachi Stance - Gedan Barai right leg step back

3 Times

- **FORWARD: YOKO GERI KEAGE [chudan], MAE GERI KEKOMI [chudan] UNAGI ASHI, KAGA ZUKI [chudan], KIZAMI ZUKI [jodan]**

Side Snap Kick [low], Front Thrust Kick [stomach] *to the Front* - same leg, Reverse Roundhouse Punch [stomach] and Jab Punch [face] **MAITE**.

- **BACK: YOKO GERI KEKOMI [chudan], MAE GERI KEAGE [chudan] UNAGI ASHI, KAGA ZUKI [chudan], KIZAMI ZUKI [jodan]**

Side Thrust Kick [low], Front Snap Kick [stomach] *to the Front* - same leg, Reverse Roundhouse Punch [stomach] and Jab Punch [face] **MAITE...Yame**

Balance Kicking Techniques

Yoi ...Gedan Barai right leg step back; start by “Agime” until told to “Yame”

MAE GERI KEAGE [chudan], YOKO GERI KEKOMI [chudan], MAWASHI GERI KEAGE [chudan], USHIRO GERI KEKOMI [chudan] UNAGI ASHI

Front Snap Kick [stomach], Side Thrust Kick [low] *to the side*, Roundhouse Snap Kick [low] *to the Front*, Back Thrust Kick [stomach] *to the back* - same leg, *without lowering the kicking leg and without moving the other.* (After “Yame” change legs and repeat).

Controlled Punching

Yoi ...Gedan Barai right leg step back; start by “Agime” until told to “Yame”

Use **URA ZUKI, TATE ZUKI & GYAKO ZUKI** according to distance from target.

(After “Yame” change legs and repeat).

KATA:

- **HEIAN NIDAN, SANDAN, YONDAN & GODAN** – By random order.
- **TEKKI SHODAN, NIDAN & SANDAN** – By random order.
- **2 of Black Belt Kata: KANKU DAI, JIYON, EMPI.**

KUMITE:

Casts (Throws)

One step attack with KIAI, an adequate block combined with throwing down Attacker to the ground (within 2 seconds) and counter attack with KIAI. Two separate forms:

A. Bow, Attacker Gedan Barai right leg step back with **KIAI**, Defender stays at **Yoi**.

B. Bow, first Attacker and Defender Gedan Barai right leg step back with **KIAI**, then change stance to **KAMAY** (free sparring stance).

Attacks (each 2 times – 1 from Yoi (A), 1 from KAMAI (B)):

1. [jodan] **OI ZUKI.**
2. [chudan] **OI ZUKI.**

*** 10 times, 2 minutes Free Sparring (JIYU KUMITE) - each Vs. a different KARATEKA (altogether 20 minutes in a row).**

Good Luck!

Shihan Shalom Avitan – Chief Examiner

Respect - but fear no man