

SHINRI
KARATE SCHOOLS



SHINRIKARATESCHOOLS.COM

NIDAN (2nd Dan) GOING FOR – SANDAN (3rd Dan)

(all performed from Jiyu Dachi – as per NIDAN plus Basic techniques against a stationary target)

Kumite

Jiyu kumite
against at least 2 consecutive Dan grades

Kata

Tokui Kata with Bunkai
choose from Unsu, Gojushiho Sho, Gojushiho Dai, Chinte, Wankan and Tekki Sandan

Plus any previous Kata

Oral