

TMSK Student Name: _____

Nidan(2nd degree) **REQUIREMENT CHECKLIST**

Be sure to check off each item as you become comfortable and competent of each requirement. Recommendation for examination by an authorized instructor is encouraged. Please note that recommendation is not promotion guaranteed.

Written Exam - approximately 60 minutes to be done **at a pre-arranged time at the dojo**

- includes all terminologies from I to N in the glossary
- explain the following terms: Maai, Chika Ma, To Ma

- A paper on "What are the components of a muscle" & " What is the proper way to stretch". This is to be done on your own time. Do research and give proper credit to your reference.

Practical Exam - Good form, balance, speed and power is essential in demonstration

1. Renzoku Waza

As per Nidan renzoku waza drill schedule

2. Kata

Kosokun Dai (Shito), Seipai (Goju), Sochin (Chito), Chinto (Shito)

3. Bunkai

Chito Ryu Chinto

4. Kumite

Prepare to demonstrate counters against single and double attacks. Counters should demonstrate a variety of techniques including sweeps, throws, takedowns. Sensei will call out the technique(s) to defend against. You will have a bit of time to consider the techniques you will use. Safety must be a serious consideration in your demonstration.

5. Nage Waza - must provide your own partner

Hen Shu Ho 1 - 28

7. Kobudo

Bo - Shu Shi No Kun Sho

Recommended for examination by: _____