

KAI SHIN KAI – NIDAN GRADING ASSESSMENT

Candidates: (1) (2)

(3) (4)

Panel President: Date:

SECTION ONE – TAI-JUTSU

Candidates to demonstrate with confidence, capability, smoothness and understanding of the difference between OMOTE/URA, IRIMI/TENKAN variants and showing a more advanced approach in TECHNIQUE from both LEFT and RIGHT attacks. *No repeats requested.*

TACHI-WAZA

	(1)	(2)	(3)	(4)
1. IKKYO - from Ai-katate dori	P/F	P/F	P/F	P/F
2. IRIMI-NAGE - from Ai-katate dori	P/F	P/F	P/F	P/F
3. NIKKYO - from Gyaku-katate dori	P/F	P/F	P/F	P/F
4. SHIHONAGE - from Gyaku-katate dori	P/F	P/F	P/F	P/F
5. IKKYO - from Mune dori Shomenuchi	P/F	P/F	P/F	P/F
6. IRIMI-NAGE - from Mune dori Shomenuchi	P/F	P/F	P/F	P/F
7. KOKYU-NAGE - from Kata dori	P/F	P/F	P/F	P/F
8. KATAGATAME - from Kata dori	P/F	P/F	P/F	P/F
9. UDE-GARAME - from Shomenuchi	P/F	P/F	P/F	P/F
10. HIJI-SHIME - from Shomenuchi	P/F	P/F	P/F	P/F
<i>Reader, short pause</i>				
11. GOKYO - from Yokomenuchi	P/F	P/F	P/F	P/F
12. SUKUMEN - from Yokomenuchi	P/F	P/F	P/F	P/F
13. UCHI-KAITEN-NAGE - from Chudan-tsuki	P/F	P/F	P/F	P/F
14. SUMI-OTOSHI - from Chudan-tsuki	P/F	P/F	P/F	P/F
15. YONKYO – Ryo-katate dori	P/F	P/F	P/F	P/F
16. SHIHO-NAGE – Ryo-katate dori	P/F	P/F	P/F	P/F

Nidan cont.

	(1)	(2)	(3)	(4)
17. KOKYU-NAGE - from Morote dori	P/F	P/F	P/F	P/F
18. IRIMI-NAGE - from Morote dori	P/F	P/F	P/F	P/F
USHIRO-WAZA				
19. SUKUMEN - Ushiro Ryo-katate dori	P/F	P/F	P/F	P/F
20. AIKI-OTOSHI - Ushiro Ryo-katate dori	P/F	P/F	P/F	P/F
21. SHIHO-NAGE - from Ushiro Katate dori Kubishime	P/F	P/F	P/F	P/F
22. KOKYU-NAGE - Ushiro Eri dori	P/F	P/F	P/F	P/F
<i>Reader, short pause</i>				
SUWARI-WAZA				
23. IRIMI-NAGE - from Shomenuchi	P/F	P/F	P/F	P/F
24. KOTE-GAESHI - from Chudan-tsuki	P/F	P/F	P/F	P/F
25. IKKYO - from Yokomenuchi	P/F	P/F	P/F	P/F
HANMI-HANDACHI-WAZA				
26. NIKKYO - from Kata dori Shomenuchi	P/F	P/F	P/F	P/F
27. SHIHO-NAGE - Gyaku-katate dori	P/F	P/F	P/F	P/F
28. <i>Free choice of defence - Gedan-geri (front kick)</i>	<i>P/F</i>	<i>P/F</i>	<i>P/F</i>	<i>P/F</i>
KOSHINAGE SECTION				
29. IKKYO KOSHINAGE - from Ai-katate dori	P/F	P/F	P/F	P/F
30. SHIHO-NAGE KOSHINAGE - from Yokomenuchi	P/F	P/F	P/F	P/F
31. YONKYO KOSHINAGE - from Ryo-katate dori	P/F	P/F	P/F	P/F
32. SANKYO KOSHINAGE - from Ushiro Ryo-katate dori	P/F	P/F	P/F	P/F
33. SUWARI-WAZA - Kokyo-ho	P/F	P/F	P/F	P/F

This concludes Section One of the NIDAN grading.

Proceed directly to SECTIONS 2, 3, and 4

Nidan cont.

SECTION TWO (multi-grip-up attacks)

34. Escaping from TWO or more ukes applying MOROTE DORI
(minimum of three escapes) P/F P/F P/F P/F

SECTION THREE (weapons disarming techniques)

35. Candidate's choice of TWO weapons using TANTO, BOKKEN, JO or CHAIN
P/F P/F P/F P/F

SECTION FOUR

36. SANNIN-DORI (*COMPULSORY*) - Sannin-dori with free-style attacks

Plus Candidate can also demonstrate Kumi-tachi, Kumi-jo, or Kata (*this weapons part is not compulsory*)

P/F P/F P/F P/F

Candidate's performance must be clearly marked PASS or FAIL. Minimum pass mark of 80 per cent.

(Amended 2012)