

Nidan to Sandan

Examinee will be facing sideways on to the examiner.

Kihon: Basics

- From fudo-dachi (immovable stance)
 1. Oizuki (front punch)
 2. (Moving backward) Sanbon-zuki—fudo-dachi, zenkutsu-dachi, fudo-dachi (three punches—immovable stance, front stance, back into immovable stance for final punch)
- From jiyu-na gamae (free stance)
 3. Kizami-zuki (moving the front foot sideways), tate shuto-uke (focus on hikite), gyakuzuki (front snap punch, vertical knife hand block, reverse punch)
 4. (Front foot doesn't move; back foot moves forty-five degrees behind sideways.) Kizami-zuki, gyakuzuki, mawashigeri, uraken, gyakuzuki (then returning to original position) (Front snap punch, reverse punch, roundhouse kick, back fist, reverse punch)
- From jiyu-na gamae (free stance) on the spot, same leg
 5. Maegeri, yokogeri, ushirogeri, mawashigeri (Front kick, side kick—to the side, back kick—behind, roundhouse kick—to the front again)

All basic movements are done to count on examiner's command.

Kime-waza: Point focus technique—Kizami-zuki and Gyakuzuki

Note: Examinee will be required to pick the appropriate punch for each situation.

Kata: Forms

- Tokui kata (favorite kata—choose one of the twenty-six official Shotokan kata)
- Shitei kata (compulsory kata—examiner chooses one kata from the compulsory kata list)

Compulsory kata are Bassai-dai, Kanku-dai, Jion, and Enpi. Suggested optional kata are Sochin, Tekki Sandan, Chinte, Ji'in and Nijushiho.

Kumite: Sparring

- Kaeshi ippon-kumite (attack and counter one-step sparring)
- Jiyu kumite (free sparring)

Note: For all black belt gradings, examinee must present all records of previous gradings up to and including examinee's present level and the dates on which those gradings were taken and with whom. Failure to do so may result in examinee not being accepted for testing. Examinee should have been a holder of the Nidan level for at least three years.