

Junior Nidan (Second Degree Black Belt) Practice Sheet

Attack	Defense
Breakfall	Side Fall (Rockettes)
Traditional Weapons	Ken Suburi 4-7
Traditional Weapons	Jo Suburi 6-10
Yoke/Sho	Shihonage
Sho/Yoke	Sumiotoshi
Yoke/Sho	Ikkyo Omote
Sho/Yoke	Ikkyo Ura
Yoke/Sho	Nikyo
Sho/Yoke	Sankyo
Mune Tsuki	Kotegaeshi
Mune Tsuki	Kaitennage
Morotedori	Kokyunage
Ryokatatori (Front)	Nikyo
Ryokatatori (Rear Shove)	Kokyunage
Ryotetori (Pulled Rear)	Kotegaeshi
Hanmi Handachi	Hijinage
Hanmi Handachi	Aikinage
Evaluator Choice	Any Prior Call Technique
Stalking Front Grabs	Freeplay (4)
Yokomen Uchi	Freeplay (6)
Shomen Uchi	Freeplay (6)
Mune Tsuki	Freeplay (6)
Ushiro Waza	Freeplay (6)
Randori (3 Uke)	Controlled (12)
60 Hours Min & Sponsor Required	Kokyu Ho