

## Nidan (2nd Degree Black Belt) Practice Sheet

Attack	Defense
Traditional Weapons	23 Sword Kata
Traditional Weapons	31 Jo Kata
Yoke/Sho	Sumiotoshi Omote
Yoke/Sho	Sumiotoshi Ura
Yoke/Sho	Koshinage
Yoke/Sho	Hiji Kime
Yoke/Sho	Sokumen Iriminage
Yokomen Uchi	Freeplay (10)
Shomen Uchi	Freeplay (10)
Mune Tsuki	Freeplay (10)
Running Front Grabs	Freeplay (10)
Ushiro Waza	-Rear Choke Sankyo -Ryokatatori Juji Garame -Eritori Iriminage -Kubishime Katatetori Kaitennage -Ryotetori Udegarame
Ushiro Waza	Freeplay (5)
Hanmi Handachi	-Yoke/Sho Shihonage -Yoke/Sho Sankyo (throw/pin) -Yoke/Sho Kotegaeshi
Hanmi Handachi	Freeplay (6)
Bat Defense	Freeplay (5)
Teaching	One Beginner Technique One Advanced Technique
Teaching	Submit Class Plan
Randori (3 Uke)	Freeplay (15)
1 Year Minimum Requirement	Kokyu Ho
Sponsor Required	Q & A prior to Test

Question	General Answer
How do you think you can use your martial arts training to enhance aspects of your life?	Open
Pick a technique and explain why/how it is effective if done properly.	Open
Have you ever used aikido in a self-defense situation? Explain. If not, in what situations do you use aikido in your daily life	Open
What are 3 things we should be mindful of when teaching new students	Can be a variety of things as long as its 3. Answers may include making sure they can fall out of a technique, perception to frustration levels, learning styles, making sure that if we use analogies that they make sense to the student (I know what a snagglepuss step is, but never saw snagglepuss a day in my life lol), changing a lesson plan should an opportunity present itself

KEY to Comments
<p style="text-align: center;">NT = NO TURN, PP = POSTURE, GW = GRABBED WEAPON,  R = ROUGH, XX = CRISS CROSS, NP = NO PARRY, M = MA-AI  MG = MAT GENERALSHIP, NB = NAGE BALANCE, UB = UKE BALANCE</p>

Requirements and Other Notes
<p>Falling and Rolling - prior to test for eligibility, and based on physical ability. Martial mindset must be demonstrated.  Koshi is full dynamic throw, from motion.</p> <p>One-hand grabs, uke threatens with other hand, brown belt &amp; up attack after 2 secs, shodan &amp; up attack after 1 sec.  Part of requirement is submission of a class plan. It is expected the candidate will teach the class after passing.</p> <p>Teaching techniques on the test may be sampled from class plan.</p> <p>Rear choke sankyo is with the ura pin. Eritori is a one hand collar grab (be sure to keep thumb out).  Hanmi yoke/sho sankyo is alternating with throw and pin.</p> <p>1 Year minimum required. Sponsor required. Q &amp; A prior to test.</p>