



# **KOKORO KAI JU-JITSU ASSOCIATION**

## **NIDAN REQUIREMENTS**

Students will take an anatomy test on the day of the grading. They will also be required to be the correct level in Ko-Budo . No students will grade unless they are wearing a clean Gi with appropriate badges.

1. LEFT HANDED THROWS (10)
2. DEFENCE AGAINST LEFT OR RIGHT HANDED PUNCHES (10)
3. DEFENCE AGAINST LEFT OR RIGHT KICKS (10)
4. DEFENCE AGAINST MULTIPLE ATTACKS
5. CIRCLE TRAINING
6. NOVICE KATA
7. WHITE BELT KATA (three person)
8. WHITE TO GREEN BELT KATA
9. SHORT STANCE KATA
- 10.LONG STANCE KATA
- 11.LINKING HANDS KATA
- 12.DEMONSTRATE ALL LEFT AND RIGHT PUNCHES
- 13.DEMONSTRATE ALL LEFT AND RIGHT KICKS
- 14.1-11 ADVANCED LOCKING TECHNIQUES
- 15.1-11 WRIST AND ARMLOCKS INCORPORATING APPLICATIONS
- 16.BATON TECHNIQUES
- 17.KNIFE TECHNIQUES
- 18.MODULES ( 1 of each kyu grade)
- 19.NUNCHAKU KATA
- 20.TONFA KATA
- 21.1<sup>st</sup> SAI KATA
- 22.2<sup>nd</sup> SAI KATA
- 23.KAMA
- 24.BO PAIRS
- 25.KATANA PRESENTATION
- 26.KATANA LONG STANDING KATA
- 27.KATANA DE-PRESENTATION
- 28.NAME ALL PARTS OF THE KATANA