



Shodan to Nidan

Level 2

Theme: **Kamae (Fighting Posture)**

White Stripe Kihon (Basics)/ Drills

- Demonstrate Finger Lock while moving
- Demonstrate High/Low Drill and Yakusoku #2

Extra Credit:

- 5 Grappling Positions
- Dominant, Mount, Guard, Sprawl, Cross Mount Fighting
- Hold the mount and Reverse from mount

Orange Stripe Kata (form)

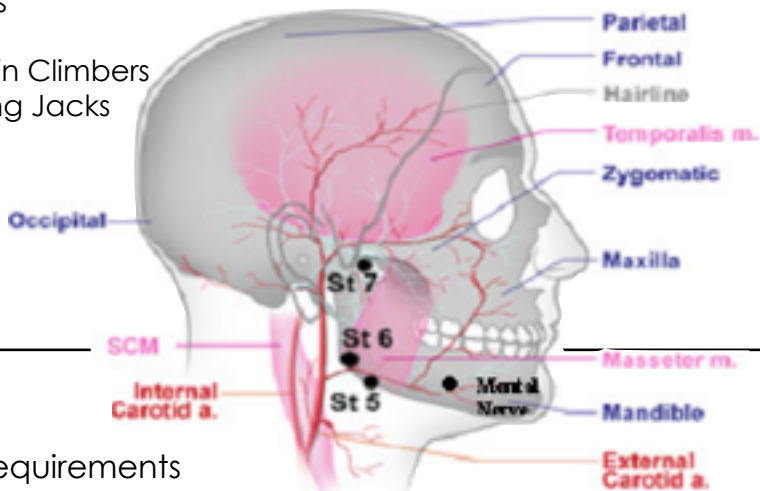
- [Naihanchi Nidan](#)
- Bunkai [Rohai](#) for Mobility and [Sanchin](#) for Stability

Gold Stripe Principles/ Background/ Culture

Explain weaknesses of the human body, e.g., Eyes, Neck, Joints, Groin, Nerves, Nerve Plexus', Nerves near bones, Soft Tissue.

Purple Stripe Conditioning/Self Defense/Pressure Points

- Show location of **Stomach #5 – ST5**
 - **Location:** It is found at the notch along the bottom of the jaw, 2/3rds back, between the front of the chin and end of jaw.
 - **Method:** Strike on a line 45 degrees towards the center of the head. Single knuckle or finger-tip strikes should roll into the inside of the bone. Palm Strikes hit on the groove of the jaw with a slight twisting motion. (Can use Shuto, Palm heel, Punch)
- Show location of **Mental Nerve – M-HN-18**
 - **Location:** Between the corner of the mouth and the bottom of the jaw, at the Mental Foramen (hole in the jaw).
 - **Method:** Strike, press or rub down and in at a 45 degree towards the neck with knuckle. (Thumb Knuckle, Ippon Ken)
- Physical Fitness Req. – Can still do Shodan Requirements of:
 - 1) 50 Push-ups
 - 2) 50 Sit-ups
 - 3) 50 Mountain Climbers
 - 4) 100 Jumping Jacks



Shodan to Nidan Level 2 6 Months

- All Level 2 Requirements