



**Nidan to Sandan
Level 2
Theme: Kiai (Energy)**

**White Stripe
Kihon (Basics)/
Drills**

- Demonstrate Elbow Squeeze- While doing locks
- Demonstrate 4 Direction Attack/Defenses & Yakusoku #4
- Extra Credit:**
 - Get out of Guard
 - Shuto Uke
 - Hip Dynamics
 - Ground Chokes
 - Ankle Locks

**Orange Stripe
Kata (form)**

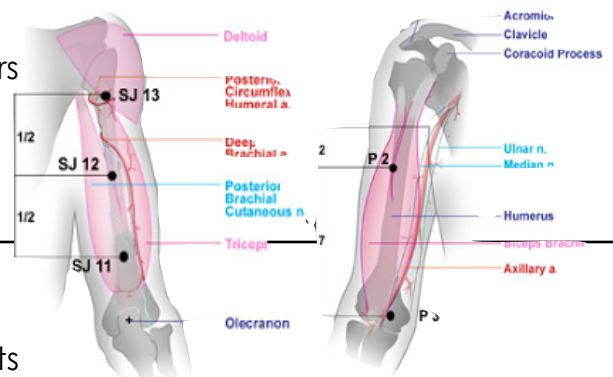
- [Naihanchi Sandan](#)
- Bunkai [Fujikata Dai Ichi](#)

**Gold Stripe
Principles/
Background/
Culture**

- Explain Pros Vs. Cons of 3 Self-Defense Situations
- Demonstrate Energy Transfer- Position and shift your body, from a rooted stance through your core and then through your extremities to the target.

**Purple Stripe
Conditioning/Self
Defense/Pressure
Points**

- Show location of **Triple Warmer #11 – TW11 or SJ11**
 - **Location:** 2 cun above the tip of the elbow on the tendon of the triceps.
 - **Method:** Rub this point in an up and down motion.
- Show Location of **Pericardium #2 - P2**
 - **Location:** 2 cun below the level of the fold of the armpit, along the mid-line of the biceps.
 - **Method:** Strike this point straight in, to numb the biceps
- Show location of **Triple Warmer #12 – TW12 or SJ12**
 - **Location:** In the middle of the triceps.
 - **Method:** Strike this point against the bone to release the shoulder and lock the elbow.
- 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



**Nidan to Sandan
Level 2
9 Months**

- All Level 2 Requirements