

# “NIDAN”

## 2<sup>ND</sup> DEGREE BLACK BELT

### REQUIREMENTS

Rank Videos password: \_\_\_\_\_

<b>Upgrades</b>	<b>Combination #6, 15</b>
<b>Shaolin Combinations</b>	<b># 1 – 30</b>
<b>Kempo Techniques</b>	White, Yellow, Orange, Purple, Blue, Green, Brown, and <b>Kempos A, B, C, D, E</b> ( <i>Black Belt Kempos are identified by letters</i> )
<b>Club Techniques</b>	Side # 1, 2, 3, 4, 5 Overhead # 1, 2, 3, 4, 5, 6
<b>Knife Techniques</b>	Stabbing # 1, 2, 3 Inside Slashing, Outside Slashing
<b>Kick Defense Techniques</b>	Deflecting Hammer, Intellectual Departure
<b>Grab Defense Techniques</b>	Single Wrist Grab, Jacket Grab, Front Choke, Rear Choke, Bear Hug, Single Jacket Grab, Upright Head Lock, Big Brother Head Lock, Hammer Lock, <b>Advanced Single Wrist Grab, Z-Grip Wrist Grab</b>
<b>Kata (Forms)</b>	Pinan 1-5, Kata 1-6, Two Man Fist Set: North & South, Stature of the Crane, 10-Point Blocking System, <b>Circle of the Tiger, Han Tsuki,</b> <b>Two Man Fist Set: East, Plum Tree Blocking System</b>
<b>Kata Skills</b>	<i>Level 1:</i> Stances, Proper Range of Motion, Targeting, Clean Chambers, Posture <i>Level 2:</i> Transitions, Timing, Sentencing <i>Level 3:</i> Power, Proper Speed, Intensity, Style, Intention
<b>Other Skills</b>	Be proficient with all Techniques against a right- or left-sided attacker: Combinations, Kempos, Clubs, Knives, Kicks, and Grabs
<b>Character Traits</b>	Humility Embody the 5 Values