

CCSF Nidan Promotion Requirements

Revised: 11/20/04

Nidan: Black Belt 2nd Degree 3 Mistakes Fail Test

1. Pass all the knowledge and demonstration requirements of all previous rank exams
2. List and demonstrate the throws in the 1st Kyo , 2nd Kyo, 3rd Kyo and 4th Kyo
3. Techniques will be judged according to the 3 elements: Kuzushi, Tsukuri, Kake.

Go-Kyo-No-Waza				
1 Kyo	2 Kyo	3 Kyo	4 Kyo	
De-Ashi-Barai Hiza-Guruma Sasae Tsuru Komi Ashi Uki Goshi O Soto Gari O Goshi O Uchi Gari Seoi Nage:Ippon/Morote	Ko Soto Gari Ko Uchi Gari Koshi Guruma Tsuru Komi Goshi Okuri Ashi Harai Tai Otoshi Harai Goshi Uchi Mata	Ko Soto Gake Tsuru Goshi Yoko Otoshi Ashi Guruma Hane Goshi Harai Tsuru Komi Ashi Tomoe Nage Kata Guruman	Sumi Gaeshi Tani Otoshi Hane Maki Komi Sukui Nage Utsuri Goshi O Guruma Soto Maki Komi Uki Otoshi	Nidan requires 2 counter throws against 1 st Kyo and 4 combinations

Osae Waza Techniques	
Kesa- Gatame Kami Shiho Gatame Yoko Shiho Gatame	<ul style="list-style-type: none"> • Demonstrate technique and escapes for each • Demonstrate Uke escape into: 1 Shime waza 1 Kansetsu waza
Kata Gatame Tate Shiho Gatame Kuzure-Kesa- Gatame Kuzuri Kami Shiho Gatame Ushiro Kesa Gatame Makura Kesa Gatame Kuzure Tate Shiho Gatame	<ul style="list-style-type: none"> • Demonstrate

Osae Waza Techniques	
Sankaku Series: <ul style="list-style-type: none"> • Application to Shime-waza • Application to Osae-waza • Application to Kansetsu-waza 	Demonstrate
<ul style="list-style-type: none"> • Entering through legs when opponent is on back • Turning techniques when opponent is on knees and elbows 	<ul style="list-style-type: none"> • Demonstrate 3 methods for each

Shime-waza	
Okuri-Eri-Jime Hadaka Jime Kata Juji Jime Nami Juji Jime Kataha Jime Gyaku Juji Jime Sankaku Jime	<ul style="list-style-type: none"> • Demonstrate

Kansetsu-Waza	
Ude-Garami Ude Hishigi Juji Gatame Ude Hishigi Ude Gatame Ude Hishigi Hiza Gatame	<ul style="list-style-type: none"> • Demonstrate (test: choose 2)

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Kata: Nage no Kata, (Complete set, Tori and Uke) or Kata Certificate: (Nidan)