

SHOTOKAN  
2000  
KARATE



## SHOTOKAN 2000 KARATE

2nd DAN BLACK BELT

1. LOW BLOCK (front hand), REVERSE PUNCH, FRONT KICK, and REVERSE PUNCH
2. HIGH BLOCK, OUTSIDE BLOCK, LOW BLOCK, INSIDE BLOCK, DOUBLE PUNCH
3. FRONT LEG ROUNDHOUSE KICK, BACK KICK REVERSE PUNCH
4. FRONT LEG ROUNDHOUSE KICK, SPIN HOOK KICK, BACK TO ROUNDHOUSE KICK
5. KNEE STRIKE TO HEAD, KNEE STRIKE TO BODY
6. LOW BLOCK, (step back) LOW BLOCK, REVERSE PUNCH, (front leg) ROUNDHOUSE KICK, REVERSE PUNCH
7. KNEE STRIKE TO HEAD (step back), ROUNDHOUSE KICK, STEP up SIDE KICK, REVERSE PUNCH
8. STAMINA COMBINATION  
  
CHANGE LEG KNEE STRIKE, KNEE STRIKE  
CHANGE LEG THIGH KICK, ROUNDHOUSE KICK  
CHANGE LEG THIGH KICK, ROUNDHOUSE KICK, and SPIN BACK KICK
9. KATA: OF CHOICE FROM ADVANCED LIST + APPLICATION
10. SPARRING AS DEEMED BY THE PANEL
11. BAG WORK 2 MIN
12. KATA: CHOSEN RANDOMLY FROM INTERMEDIATE LIST (application?)
13. ANYTHING ELSE DEEMED RELEVANT BY THE GRADING PANEL

### ADVANCED KATA LIST:

BASSAI-SHO KANKU-SHO SOCJIIN UNSU or NIJUSHIHO

### INTERMEDIATE KATA LIST:

KANKU-DAI JION EMPI or BASSAI-DAI