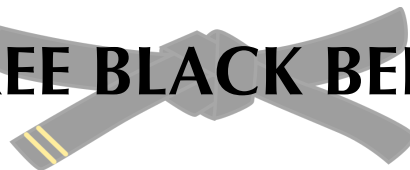




2ND DEGREE BLACK BELT (NIDAN)



Seipai Kata
Seisan Kata

Bo 4
Bo Yakusoku Kumite 2

Nunchaku 2

Tonfa 1 (Tonfa Kata dai Ichi)
Tonfa Kihon Kumite 1-5

Sai 1 (Nicho Sai)
Sai Kihon Kumite 1-5

Grappling (Ground)

- Guard Sweeps
 - o Sitting Rollover Sweep
 - o Butterfly Guard Sweep
 - o Open Guard Hook Sweep
 - o Open Guard Reap Sweep
- Passing Techniques
 - o Standing Guard Pass
 - o Secondary Standing Guard Pass
 - o Half-Guard Pass
 - o Secondary Half-Guard Pass (Elbow Pry)
- Escapes
 - o Secondary Hip Escape
 - o Side Control Escape
 - o Back Control Escape
 - o Headlock Escape to Knees
 - o Rolling Headlock Escape
- Chokes
 - o Double Lapel from Back Control
 - o Forearm Choke from Front Control
- Arm Bars
 - o Arm Bar from Back Control
 - o Arm Bar from Kneeling Clinch

Grappling Flow Drills 4-6

- Flow Drill #4:
 - o Shot Takedown attempt
 - o Sprawl
 - o Seatbelt Control (head-to-head)
 - o Side Turtle Position
 - o Switch and Step Over
 - o Arm Bar from Back Control
- Flow Drill #5 (Mount Loop):
 - o Starting in Mount with 4 Posts
 - o Hip Bump Mount Escape
 - o Butterfly Guard Sweep
 - o Box Choke
 - o 4 Posts Out
- Flow Drill #6 (Guard Loop):
 - o Guard with Lapel Post
 - o Chop and Trap Arm Bar setup
 - o Sitting Rollover Sweep
 - o Elbow Escape from Mount

Kali

- X-Blocks
- Blocking and Checking
 - o Umbrella
 - o Wall
 - o Drop Stick
- One-for-One Sparring
- Double Stick Disarms
 - o Hilt Strip from Open
 - o Hilt Strip from Closed