



Student Curriculum (Nidan Black Belt)

Version History

Date Updated	Version	Comments	Changed By
2016-04-09	1.0	First version	Shawn Burlew

Nidan Black Belt (2nd Degree)

Kihon	Kata & Bunkai	Partner Drills	Breaking
Fundamentals	Chung Do Kwan	Self-defense	Kata Break
Body conditioning	Yun Bi	Create 15 bunkai	Power Break
Ju jutsu	Shotokan	Sparring	5 wood boards
Wrist flow	Enpi	Sticky hands	Power Break (Arm)
Fight sequence 2	Ji'in		5 wood boards
	Tekki Sandan		Power Break (Leg)
	Shorin Ryu		5 wood boards
	Wanchin		
	Wansu		
	Kobudo		
	Suoshi no Kun Ichi (Bo 3)		