



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	Sparring	Power Break
	Shotokan	Sticky hands (level 2)	5 wood boards
	Enpi		Power Break (Arm)
	Pick one: Sochin, Unsu, Kanku Sho, Gankaku		5 wood boards
	Shorin Ryu		Power Break (Leg)
	Wansu		5 wood boards
	Pick one: Chinto, Gojushi Ho, Passai		
	Kobudo		
	Tsuken Akacho No Eku (Bo 6)		
	Shima Igiri Bo Ichi (Bo 7)		