

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 SOCJIN UNSU or NIJUSHIHO**

**INTERMEDIATE KATA LIST:**

**KANKU-DAI JION EMPI or BASSAI-DAI**