

## 2nd Kyu – Brown Belt

Before attempting this grading, students must have trained at least 50 sessions for adults, and 70 sessions for juniors, since their last examination.

Must possess knowledge of kata's three factors and require tactics in kumite.

Requires very hard training and strong spirit before attempting this higher level.

Grading Fee: \$30.00 (must be paid in full before the grading date)

<u><b>Kihon Waza</b></u>	<u><b>(Basic Techniques)</b></u>
Kiba-zuki chudan	Horse stance and punch- stomach
Kiba-zuki jodan	Horse stance and punch- face
Gyaku-zuki, Uke	Reverse punch (1 face, 2 stomach, 3 stomach) and block (1 rising block, 2 outside block, 3 inside block)
Mae-geri	Front Kick
Yoko-geri Keage (Heisoku-dachi)	Side snap kick (closed feet stance)
Yoko-geri Kekomi from Zenkutsu dachi	Side thrust kick from front stance
Mawashi -geri	Round house kick
Kokutsu-dachi Shuto-uke, Zenkutsu-dachi Nukite	Back stance knife hand block - change to forward stance, spear hand thrust
Mae ashi geri, ushiro ashi geri	Front leg , front kick, Back leg front kick (in place)
Hiza geri	Knee strike ( examiner's order)
<b>Enpi-uchi</b>	<b>Elbow strikes (Examiner's order)</b>
<u><b>Ido Kihon Waza</b></u>	<u><b>(Basic Moving Techniques)</b></u>
Sanren zuki to sono kodan	Moving forward, Face and 2 stomach punches; going back, blocks and reverse punch
Mae-geri, jodan-chudan zuki to sono-uke, gyaku-zuki	Front kick, face + stomach punch; going back, blocks and reverse punch
Mae geri, mawashi geri, gyakuzuki to sono kodan	Front kick, Round house kick, reverse punch; going back, blocks and reverse punch
Chudan mae-geri, jodan mae-geri, gyaku zuki to sono kodan	Front kick stomach, Front kick face, reverse punch; going back, blocks and reverse punch
Mae ashi geri, ushiro ashi geri to sono kodan	Front leg front kick in place, step through Front kick; going back, blocks and reverse punch
<b>Yoko-geri, Mawashi-geri, gyaku zuki to sono kodan</b>	<b>Side thrust kick, Round house kick, reverse punch; going back, blocks and reverse punch</b>
<b>Mawashi-geri, Yoko-geri, gyaku zuki to sono kodan</b>	<b>Round house kick, Side thrust kick, reverse punch; going back, blocks and reverse punch</b>

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Kata	
Bassai-dai	
Tekki Shodan	
<b>Kumite</b>	
Kihon Ippon Kumite	One-step attack add round house kick + side thrust kick Other side block, reverse punch
Jiyu Ippon Kumite	Semi Free (call technique first)
Shiai Kumite	Tournament style
Jissen Kumite	
<b>Throws</b>	Hip, Shoulder, + Neck Throws + Break falls
	inner + outer reaping throws
	add 3 wrist controls to take down and controls
	add arm bar and escape from mount and guard
<b>Kobudo - Optional</b>	
Bo Basics (10)	
Shushi no Kon Sho	1st bo kata
Maezato no Nunchacku	1st nunchaku kata