



Brown Belt with Black Stripe 2nd Kyu



1- JIGO TAI – YOKO IDO: (Striking Techniques Moving to the Side)

Jigo Tai (Feet apart at Shoulder Width)– **1.1-** Jodan Uke – Chudan Zuki (High Block followed by Mid Punch), **1.2-** Gedan Barai - Chudan Zuki (Low Block followed by Mid Punch), **1.3-** Jodan Gaiwan Uke - Chudan Zuki (Outside Block followed by Mid Punch), **1.4-** Jodan Naiwan Uke - Chudan Zuki (Inside Block followed by Mid Punch), **1.5-** Jodan Zuki X 10 per Count (High Punch), **1.6-** Chudan Zuki X 10 per Count (Mid Punch), **1.7-** Chudan Naname Zuki X 10 per Count (Diagonal Punch)

2 - YONHONME SONABA KEKAESHI KERI WAZA: (Quadruple Kicking Techniques on the spot)

Jigo Tai (Feet apart at Shoulder Width)**2.1-** Yonhonme Sonaba Geri – Sokugeri, Hizageri/ Maegeri, Mawashigeri (Shin, Knee/ Front, Side), **2.2-** Nami Ashi, Sokutogeri, Hizageri, Mawashigeri (Block Snap, Side/Knee, Side), **2.3-** Ushiro Kakato Geri, Ushirogeri/ Nami Ashi, Sokutogeri Kebanashi (Reverse Heel, Back/Block Snap, Thrust) **2.4-** Ushiro Kakato Geri, Hizageri/ Ushirogeri, Maegeri, (Reverse Heel, Knee/ Back, Front)

3- KETTE / AYUMI ASHI KIHON: (Kick then techniques moving forward)

Kette / Junzuki Dachi (Forward Punching Stance)**3.1-** Chudan Zuki, **3.2-** Jodan Uke, **3.3-** Gedan Barai, **3.4-** Gaiwan Uke, **3.5-** Naiwan Uke (Moving Forwards, Kick / Body Punch, Blocking Upper, Lower, Middle)**3.6-** Kette Gyakuzuki (Kick / Forward Reverse Punch) **3.7-** Kette Junzuki No Tsukkomi, **3.8-** Kette Gyakuzuki No Tsukkomi, **3.9-** Tobikomi Nagashizuki (Jumping Parry Punch) **3.10-** Tobikomi Nagashi Gyakuzuki (Jumping Parry Reverse Punch)

4 - RENRAKU WAZA (Combination Techniques)

Hanmi Gamae, (Fighting Stance), **4.1-** Ayumi Ashi Naname Mae Ni Tobikomi Mawashigeri Chudan, Kekaeshi Sokutogeri Kekomi, Gyakuzuki Chudan, (Stepping Through Diagonally Off-Line, Side Kick To The Body, Thrust Kick To The Knee Using The Same Leg, Reverse Punch To The Body) Hanmi Gamae, (Fighting Stance), **4.2-** Mawashigeri Jodan, Kaiten Ura Mawashigeri Jodan, Tobi Maegeri (High Side Kick, High Spinning Kick, High Jump Kick)

5 – TANTO DORI: (Knife Defence) GOSHIN HO (Self Defence) OYO WAZA (Pair Work)

- 5.1a** Ukemi Jodan Zuki X 2 (Attack Punch to the Head Height) **5.1b** Torimi Any Defence X 2
- 5.2a** Ukemi Chudan Zuki X 2 (Attack Punch to the Body Height) **5.2b** Torimi Any Defence X 2
- 5.3a** Ukemi Maegeri Chudan X 2 (Attack Kick to the Body Height) **5.3b** Torimi Any Defence X 2
- 5.4a** Ukemi Wrist Grip X 2 (Grab the Wrist) **5.4b** Torimi Defence X 2
- 5.5a** Ukemi with Tanto Chudan X 2 (Attack with a knife to the Body Height) **5.5b** Torimi Any Defence X 2

6 – BO STAFF: (Weapons Combination)

7 - KATA: (Sequence of Techniques with Form)

7.1- Pinan Godan and **7.2-** Kushanku **7.3-** Bo Staff Kata

8 - JI YU KUMITE: (Free Fighting) Three Exchanges

9 - SPIRIT TRAINING: Instructions Will Be Given by the Examiner

10 - TAMESHIWARI: Break the Red Board



ALL OF OUR GRADES ARE
NATIONALLY RECOGNISED

