



2nd Kyu – Brown / White Stripe Belt Test.

Minimum 12 Months from Last Grading.

NAME	
CLUB	

KIHON WAZA – BASICS

Junzuki (Front Punch)
Kette Junzuki (Kick Front Punch)
Junzuki Tsukkomi (Leaning Punch to the Head)
Kette Junzuki Tsukkomi (Kick Leaning Punch to the Head)
Gyakuzuki Chudan (Reverse Punch Body)
Kette Gyakuzuki (Kick – Reverse Punch Body)
Gyakuzuki Tsukkomi (Leaning Reverse Punch)
Kette Gyakuzuki Tsukkomi (Kick Leaning Reverse Punch)
Tobikomizuki From Shizentai (Jab Punch from Natural Stance)
Uraken Nagashizuki From Shizentai (Back Fist Evasion Punch)
Kosoto Ashi Barai (Foot Sweep Off The Back Leg)
Tsugi Ashi Barai (Foot Sweep Off The Front Leg)

KERI WAZA – KICKS

Sokuto Chudan or Jodan (Side Kick Body or Head)
Ushirogeri Chudan (Back Kick Body)
Nidangeri (Jumping Kick (2 Kicks))
Uchi Mikazukigeri (Inner Crescent Kick)
Ura Mawashigeri (Reverse Round Kick (Hook Kick))
Hiza Geri (Knee Kick)
Sokuto Fumikomi (Stamping Kick)

UKE WAZA – BLOCKS

Jodan Uke (Head Block)
Gedan Barai (Lower Block)
Soto Uke (Outer Block)
Uchi Uke (Inner Block)
Juji Uke (X block)
Kake Uke (Hooking Block in Back Stance)
Shuto Uke (Knife Block in Back Stance)
Sukui Uke (Scooping Block in Horse Stance)

ATE WAZA – STRIKING BASICS

Mea Empi Jodan From Zenkutsudachi (Front Elbow Strike)
Haito Jodan From Zenkutsudachi (Ridge Hand Strike)
Shotei Jodan From Zenkutsudachi (Palm Hand Strike)
Nukite Chudan From Zenkutsudachi (Knife Hand Strike)
Tettsui Chudan From Shikodachi (Hammer Fist in Horse Stance)

RENRAKU WAZA – SHORT COMBINATIONS

	Kosoto Ashi Barai – Ushirogeri Chudan - Gyakuzuki Chudan – Kiai. (Foot Sweep off the Back Leg – Back Kick – Reverse Punch Body – Shout)
	Tsugi Ashi Barai – Mawashigeri Chudan – Kiai. (Foot Sweep off the Front Leg – Round Kick Body – Shout)
	Yoriashi Uraken Jodan – Kiai. (Sliding Forward Back Fist Head - Shout)

RENRAKU WAZA – LONG COMBINATIONS

	Ura Ayumiashi Kake Uke – Mawashigeri Chudan – Gyakuzuki Chudan – Surikomi Ura Mawashigeri Jodan – Gyakuzuki Chudan – Kiai. (Step Back Hooking Block – Round Kick Body – Reverse Punch Body – One Step Hook Kick Head – Reverse Punch Body – Shout)
	Tobikomizuki Jodan x 2 – Uchi Mikazukigeri Jodan – Yoko Empi Chudan in Shiko Dachi - Kiai. (Jab x 2 to the head – Inner Crescent kick – Side Elbow Strike Body in Horse Stance – Shout)
	Gyakuzuki Jodan / Chudan – Uraken Jodan - Gyakuzuki Chudan – Tsugiashi Ura Mawashigeri Jodan – Gyakuzuki Chudan – Kiai. (Reverse Punch to Head then Body – Back Fist Head - Reverse Punch Body – Step up Hook Kick Head – Reverse Punch Body – Shout)

KATA LIST 1 *(Panel Will Pick 3)*

	Nidan, Shodan, Sandan, Yodan, Godan or Kushanku
	1.
	2.
	3.

GRADE KATA *(The Student Must Complete This Kata).*

	Niahanchi.
	1 Bunkai Application

PAIR WORK

	Kihon Gumite – 5
	Kihon Gumite – 6
	Ohyo Gumite – 5

SELF DEFENCE *(To Be Shown With Power, Control and Good Technique)*

	1 Knife
	1 Throw/Sweep
	1 From a Choke.
	1 Punch
	1 of Your Choice.

	JI YU KUMITE – (Free Fighting / Sparring) (Please Bring Sparring Kit.)
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NOTES - COMMENTS.