

Second Kyu (Middle Brown Belt)

Kihon Waza

Kette Junzuki
Kette Gyakuzuki
Nagashizuki
Maegeri Jodan
Mawashigeri Jodan
Sokuto Jodan
Ushirogeri Chudan
Tobigeri

Renkei Waza

Maegeri Chudan, Mawashigeri Chudan, Ushirogeri Chudan, Gyakuzuki Chudan
Surikomi Maegeri Chudan, Nagashizuki Jodan, Mawashigeri Jodan

Ippon Kumite

Jodan Uke Nihonme and Sanbonme
Chudan Uka Nihonme and Sanbonme
Maegeri Uke Nihonme and Gohonme

Ohyo Kumite

Gohonme and Ropponme

Kihon Kumite

Sanbonme and Yonhonme

Kata

Kushanku
Nai Hanchi

Ji Yu Kumite

Free fighting