**Second Kyu – Middle Brown Belt**



**BASICS**

**KIHON WAZA - Basic techniques**

1. Kette Junzuki
2. Kette Gyakuzuki
3. Nagashizuki
4. Maegeri Jodan
5. Mawashigeri Jodan
6. Sokuto Jodan
7. Ushirogeri Chudan
8. Tobigeri

**RENKEI WAZA - Combination techniques**

1. Maegeri Chudan, Mawashigeri Chudan, Ushirogeri Chudan, Gyakuzuki Chudan
2. Surikomi Maegeri Chudan, Nagashizuki Jodan, Mawashigeri Jodan

**PAIR WORK**

**IPPON KUMITE - One step blocks**

1. Jodan Uke - Nihonme & Sanbonme
2. Chudan Uke - Nihonme & Sanbonme
3. Maegeri Uke - Nihonme & Gohonme

|  |  |
| --- | --- |
| **OHYO KUMITE – Semi-free fighting** | **KIHON KUMITE – Basic fighting** |
| 1. Gohonme
 | 1. Sanbonme
 |
| 1. Ropponme
 | 1. Yonhonme
 |

**KATA**

Kushanku, Naihanchi, Pinan Shodan

**JI YU KUMITE**