



2nd KYU - BROWN BELT WITH TWO WHITE STRIPES

Commands during this examination will be given in English and Japanese

KIHON

No	Technique	Stance	Procedure
5	Mae Geri /Oi Zuki/Gyaku Zuki	Zenkutsu	Forward turn the same back
5	Age Uke/Mae Geri/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Soto Ude Uke/Yoko Empi/Uraken/Gyaku Zuki/Gedan Barai	Zenkutsu/ Kiba/ Zenkutsu	Forward and back
5	Uchi Ude Uke/Kizami Zuki/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Shuto Uke / Nukite / Shuto Uke	Kokutsu/ Zenkutsu/ Kokutsu	Forward / Back
5	Same leg: Mae Geri to the front Kekomi to the side	Zenkutsu	Facing Forward
5	Same leg: Maegeri / Mawashi Geri	Zenkutsu	Forward turn the same back
3	Same Leg: Keage/Kekomi	Kiba	Forward turn the same back

The following Basics from Jiyu Dachi

5	Kizami Zuki, sliding back (same arm), Gedan Barai, Gyaku Zuki	Forward turn the same back
5	Gyaku Zuki, Mawashi Geri (back leg) stepping forward	Forward turn the same back
5	Uraken/Gyaku Zuki (both sliding forward)	Forward turn the same back
5	Mae Geri/Oi Zuki/Gyaku Zuki (stepping forward)	Forward turn the same back
5	Uraken Uchi, step up Kekomi (front leg)	Forward turn the same back
5	Ushiro Geri	Forward turn the same back

KUMITE

Kihon Ippon Kumite

Set 4

Full Grade Juniors and Seniors both sides no count
Intermediate grade 1 side only no count

Jiyu Ippon Kumite

Set 2

Full Grade Juniors and Seniors both sides no count
Intermediate grade 1 side only no count

KATA

Bassai Dai

Full Grade Juniors and Seniors no count (full Kata)
Intermediate grades no count up to 2nd knife hand block after first Kiai

Plus any previous Kata (no count)