

## 2nd Kyu (Brown Belt White Stripe)



### ZUKI WAZA (PUNCHES)

Oi-zuki Sambon-----Three Lunge Punch's

Kizami zuki/Gyakuzuki -----Jab punch/Reverse Punch, in and out with pull back.

### UCHI WAZA (STRIKES)

Empi: Age-Uchi/ Soto-Uchi/Mae-Uchi/Yoko-Uchi/Otoshi-Uchi –Elbow: Upper/outside in/Front strike/side strike-Kiba-dachi /down-Kiba-dachi.

**(Three of each, also moving backwards)**

### UKE – KERI – ZUKI - UCHI = WAZA (COMBINATIONS)

Kizami zuki/Oi-zuki/Gyakuzuki-----Jab Punch/Lunge punch Punch/Reverse punch.  
Soto-uke/Empi/Uraken/Gyakuzuki---Outside Block/Elbow Strike/Back fist/Reverse Punch  
Soto-uke/Empi/Uraken/Gyakuzuki/Gedan Barai---Outside Block/Elbow Strike/Back fist/Reverse Punch/Downward block

Yoko-geri-Kekomi/Uraken/Gyakuzuki-----Side thrust kick/Back fist/Reverse Punch  
Shuto-Uke/Mae-geri/Nukite-----Side of hand Block/Front kick/Spear hand.

**(Block & Kick in Back Stance) (Three of each) (Same going backwards)**

Mae-geri keage/Oi-zuki/Gyakuzuki-----Front Kick/Lunge punch/Reverse Punch.  
Mawashi-geri/Gyakuzuki-----Roundhouse Kick/Reverse Punch.

Yoko-geri-sokuto kekomi-----Side Kick Thrust Kick/edge of foot

Ushiro-geri/Uraken/Gyakuzuki-----Back heel Thrust Kick/Back fist/Reverse punch

**(The above in Zenkutsu-dachi -----Front Stance)**

Yoko-geri-sokuto-keage-----Side Kick/Edge of foot/Snap Kick

Yoko-geri-sokuto kekomi-----Side Kick Thrust Kick/edge of foot

**(The above in Kiba-dachi-----Side Stance)**

Mae-Geri/Yoko Geri/Ushiro Geri-----Three Kicks on the same leg.

**(Three of each)**

### KATA

All Heian Kata  
Tekki-Shodan  
Jinn

**New-Tekki-Nidan**

### KUMITE (Sparring)

Ippon-Kumite (Kaeshi)-----One Step (The defender counter attacks)

Jiyu-Ippon Kumite-----Free style one step.

Jiyu-Kumite-----Free Style

**PAD WORK: Lunge Punch – Reverse Punch- Front Kick – Roundhouse Kick**