

## 2<sup>ND</sup> DAN

### PUNCHES

- 1.KETTE JUNZUKI
- 2.KETTE GYAKUZUKI
- 3.KETTE JUNZUKI NO TSUKKOMI
- 4.KETTE GYAKUZUKI NO TSUKKOMI
- 5.TOBIKIMIZUKI
- 6.NAGASHIZUKI
- 7.SLIDING DOUBLE JAB, REVERSE PUNCH
- 8.JUMPPING BACK FIST, REVERSE PUNCH (COMING FORWARD)
- 9.SLIDING SNAP PUNCH AND HOOK PUNCH (FRONT ARM)AND  
UPPERCUT (REAR ARM)
- 10.JUMPING RIDGEHAND STRIKE (FRONT ARM COMING FORWARD)

### KICKS / COMBINATIONS

- 1.BACK FIST (F/ARM), SPINNING BACK FIST, REVERSE PUNCH,  
ROUND HOUSE KICK (B/LEG), BACK KICK, BACKFIST & REVERSE PUNCH
- 2.SLIDING RIDGEHAND (F/ARM) AND REVERSE PUNCH THEN ONE STEP  
HOOK KICK
- 3.HOPING DOUBLE SIDE KICK THEN JUMPING BACK KICK
- 4.STEPPING SNAP AND REVERSE PUNCH, FRONT KICK ,  
ROUNDHOUSE KICK, BACK KICK, BACKFIST, REVERSE PUNCH
- 5.JUMPING SIDE KICK (BACK LEG), HOOK KICK, HOOK KICK,  
(SAME LEG), REVERSE PUNCH
- 6.HOPPING AXE KICK, REVERSE PUNCH
- 7.ONE STEP BACK KICK

### JUMPING BACK KICKS WITH PARTNER

### JUMPING SPINNING HOOK KICKS WITH PARTNER

### DEFENCE

### BAG WORK

### SPARRING

KATAS- PINANS, KU SHANKU, NAI HANCHI, CHINTO, SEISHAN, PAISAI,  
NE SAYSHE

KIHONS- NUMBERS 1-7

ANY TECHNIQUES FROM PREVIOUS GRADINGS MAY BE INCLUDED

