

2ND KYU- BROWN / WHITE BELT

PUNCHES / BLOCKS

- 1.KETTE JUNZUKI
- 2.KETTE GYAKAZUKI
- 3.KETTE JUNZUKI NO TSUKKOMI
- 4.KETTE GYAKAZUKI NO TSUKKOMI
- 5.TOBIKOMIZUKI
- 6.NAGASHAZUKI
- 7.STEPPING FORWARD UPPERCUT (REAR ARM)
- 8.JUMPING BACK FIST (FRONT ARM) REVERSE PUNCH (TRAVELLING)
- 9.SLIDING SNAP PUNCH AND BACK FIST (SAME ARM), REVERSE PUNCH
- 10.STEPPING NAGASHIZUKI
- 11.STEPPING SPEARHAND STRIKE

KICKS / COMBINATIONS

- 1.HOOK KICK FRONT LEG (ON THE SPOT)
- 2.HOPPING AXE KICK
- 3.JUMPING ROUNDHOUSE KICK (FRONT LEG ON THE SPOT)
- 4.JUMPING SCISSORS KICK
- 5.BACK KICK,ROUNDHOUSE KICK (SAME LEG), REVERSE PUNCH
- 6.SPINNING BACK FIST,REVERSE PUNCH, ROUNDHOUSE KICK (BACK LEG COMING FORWARD), BACK FIST AND REVERSE PUNCH
- 7.JUMPING SCISSORS ROUNDHOUSE KICK AND HOOK KICK (SAME LEG)
- 8.FRONT KICK, TWISTING SNAP PUNCH, REVERSE PUNCH, ROUNDHOUSE KICK (BACK LEG)
- 9.JUMPING HOOK KICK (BACK LEG COMING FORWARD)
- 10.HOPPING DOUBLE SIDE KICK, BACK KICK, BACKFIST, REVERSE PUNCH.

DEFENCE

BAG WORK- INCLUDING JUMPING FRONT, SIDE, ROUND AND BACK KICKS.

SPARRING

KATAS- PINAN'S, KU SHANKU, NAI HANCHI

KIHONS- NUMBERS 1 AND 2

ANY TECHNIQUES FROM PREVIOUS GRADING MAY BE INCLUDED.

