

2nd & 1st Kyu (Brown Belt)

Kihon

1. Sanbon Renzuki **Punch combinations**
2. Chokuzuki - Urakenzuki – Chokuzuki **Straight front, Back, Straight front**
3. Hinerimaegeri - Yokogeri **Twist kick and side kick with same leg**
4. Uchiuke - Ageuke - Shutouchi – Kagizuki
Inner block – Upper block – Knife hand strike – Hook punch
5. Ushirokaitengeri – Hinerimaezuki
Back wheel kick – twist punch
6. Oimawashigeri – Mawashigeri
Front **roundhouse kick – roundhouse kick**
7. Uramawashigeri
Reverse roundhouse kick

Tanshiki and Fukushiki Kumite

Ippon, Nihon, Sanbon Kumite 2 each

Jiu Kumite

Randori against different Partner with Bogu

Gokyo no Kumite

Te Waza and Ashi Waza **Hand and foot techniques**
Nage Waza **Sweep or throw**
Ashi Waza **Leg technique**
Koshi Waza **Hip Technique**
Against Zuki and Keri
Te Waza **Hand technique**

Kata

Koshiki Bassai – **how to break through a fortress**

Goshin Jutsu – **Self defence**

Two Techniques against
Mune Tori **Reverse Grip**
Ryote Tori **Double hand grip**
Ryote Jime **Choking with both hands**
Ushiro Kakae Tori **Holding from back**