

2nd Kyu - Brown Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Kette Junzuki.
2. Kette Gyakuzuki.
3. Kette Junzuki No Tsukkomi.
4. Kette Gyakuzuki No Tsukkomi.
5. Nagashizuki.
6. Surikomi Mawashigeri Jodan.
7. Surikomi Sokuto Jodan.
8. Ushirogeri Chudan.
9. Surikomi Ushiromawashigeri Jodan.

Renraku Waza (Combination Techniques)

1. Surikomi Maegeri Chudan - Nagashizuki Jodan - Mawashigeri Jodan.
2. Maegeri Chudan - Sokuto Chudan - Ushirogeri Chudan - Gyakuzuki Chudan.
3. Zenshinshite Jodan - Renzuki Chudan - Surikomi Maegeri Chudan - Mawashigeri Chudan - Gyakuzuki Chudan.

Uke (Blocks)

- Jodan Uke Ipponme (1) & Yohonme (4).
- Chudan Soto Uke & Uchi Uke
- Chudan Maegeri Uke Nihonme (2), Yohonme (4) & Ropponme (6).

Kata (Form)

- Kushanku
- One Pinan Kata (Chosen on the day)

Ohyo Gumite (Semi-Free Fighting)

- Sanbonme (3)Yohonme (4) & Gohonme (5)

Kihon Gumite

- Nihonme (2)

Go Shin Jutsu (Self Defence)

Ji Yu Kumite (Free Fighting)