



2nd Dan Syllabus

KIHON:

- A. Each to be completed as listed or as directed by the Examination Administrator.
1. Yori ashi Kizami zuki, Kai ashi Oi zuki, Tsugi ashi Gyaku zuki. *Forwards*
 2. *backward.* Kai ashi Age Uke, *same hand* Soto Uke, *forward* Yori ashi Gyaku zuki.
backward. Kai ashi Soto Uke, *same hand* Geadn Barai, *forward* Yori ashi Uraken Uchi, Gyaku Zuki.
backward. Kai ashi Gedan Barai, *same hand* Uchi Uke, *forward* Yori ashi Kizami Zuki, Gyaku Zuki.
 3. Yoko Geri Keage-Kekomi, *same leg* in Kiba dachi X 3, Mawatte and repeat.
 4. Mae ashi Mae Geri, Mae Geri, Kizami zuki, Gyaku zuki. *forward.*
Mae ashi Mawashi Geri, Mawashi geri, Gyaku zuki, Uraken Uchi. *forward.*
Mae ashi mae geri, Ushiro geri, Uraken uchi, Gyaku zuki. *forward.*
 5. Mae ashi Mae Geri, Mawashi Geri, Gyaku Zuki, Uraken Uchi, *forward.*
back. Gedan Barai, Uraken Uchi, Gyaku Zuki.
on the spot. Mawashi Geri, Uraken Uchi, Gyaku Zuki.
forward. Ushiro Geri, Uraken Uchi, Gyaku Zuki, *Tsugi ashi* Mae ashi Mawashi Geri, Gyaku Zuki, Uraken Uchi.
 6. Shi Ho Uke – Four directional turning & blocking sequence with punch and kick counters.
 7. Shi Ho Geri – Mae Geri, to Heisoku dachi, *other leg* Yoko Geri Kekomi, to Heisoku dachi, *other leg* Mawashi Geri, to Heisoku dachi, *other leg* Ushiro Geri, return to Zenkutsu dachi. Continue combination with all kicks with the back leg from Zenkutsu Dachi.

KUMITE:

JIYU KUMITE

KATA:

Tokui Kata: JITTE, EMPI or HANGETSU

This kata to be demonstrated in Omote or Ura form.

Shitei Kata: Any Kata upto and including Shodan syllabus as directed by The Administrator. This kata to be demonstrated Omote only.