



## 2<sup>nd</sup> Kyu Syllabus

### KIHON:

- A. 1 to 5 to be performed once through from left side before changing and repeating right side.
1. forward SANBON TSUKI, back AGE UKE, GYAKU TSUKI, URAKEN UCHI
  2. forward SANBON TSUKI, back SOTO UKE, YOKO EMPI, URAKEN, GYAKU TSUKI
  3. forward SANBON TSUKI, back UCHI UKE, KIZAME TSUKI, GYAKU TSUKI
  4. forward SANBON TSUKI, back GEDAN BARAI, same hand URAKEN, GYAKU TSUKI
  5. forward SANBON TSUKI, back SHUTO UKE, MAE ASHI MAE GERI, NUKITE
- B. Each to be performed 4 times then turn Mawatte
1. MAE GERI, JUN TSUKI, GYAKU TSUKI
  2. YOKO GERI KEKOMI, URAKEN, GYAKU TSUKI
  3. MAWASHI GERI, GYAKU TSUKI, URAKEN
  4. USHIRO GERI, URAKEN, GYAKU TSUKI
- C. 1x forward, Mawatte 1x forward
- MAE GERI, YOKO GERI KEKOME, MAWASHI GERI, USHIRO GERI, URAKEN, GYAKU TSUKI
- D. x2 stepping forward, Mawatte and repeat
1. MAE GERI, YOKO GERI (same leg)
  2. MAE GERI, MAWASHI GERI (same leg)

### KUMITE:

Jiyu IPPON (to demonstrate the application of Ippon Kumite in a moving situation)

- E1 Seme Waza: Jodan OI TSUKI, chudan OI TSUKI, chudan MAE GERI,  
chudan YOKO GERI KEKOME, jodan MAWASHI GERI,  
chudan USHIRO GERI

attack and Defend left and right side

Jiyu KUMITE (to demonstrate the application of Ippon Kumite in a free environment)

### KATA:

BASSAI DAI and TEKKI NIDAN\*  
plus any previous lower kata of examiners choice

(\*Miss out for juniors 12 and under)