



2nd Kyu

No	KIHON WAZA	BASIC TECHNIQUES
1	Kette Junzuki	Kick (body, below & in-line with fist), straight punch (body)
2	Kette Gyakuzuki	Kick (body, below & in-line with fist), opposite punch (body)
3	Kette Junzuki No Tsukkomi	Kick (body, below & in-line with fist), extended straight punch (face)
4	Kette Gyakuzuki No Tsukkomi	Kick (body, below & in-line with fist) extended opposite punch (lower body)
5	Nagashizuki	Gliding snap punch (face) & cross-counter
6	Surikomi Mawashi-geri Jodan	One step roundhouse kick (head)
7	Surikomi Sokuto Jodan	One step stamping side kick (head)
8	Ushiro-geri Chudan	Reverse Maegeri kick (body)
9	Nidan-geri Jodan	Double front kick (head)
10	Maegeri Chudan-Mawashi-geri Jodan	Front kick (body), roundhouse kick (head)
No	RENRAKU WAZA	COMBINATION TECHNIQUES
1	Surikomi Mae-geri Chudan, Nagashizuki Jodan, Mawashi-geri Jodan	One step front kick (body), cross counter (head), roundhouse kick (head)
2	Mae-geri Chudan, Sokuto Chudan,	Front kick (body), stamping side kick (body), reverse Maegeri (body), opposite

	Ushiro-geri Chudan, Gyakuzuki Chudan	punch (body)
3	Zenshinshite Jodanzuki, Renzuki Chudan, Surikomi Mae-geri Chudan, Mawashi-geri Chudan, Gyakuzuki Chudan	Step through double punch (head & body), one step front kick (body), roundhouse kick (body), opposite punch (body)
No	UKE WAZA SANBON GUMITE	PARTNER TECHNIQUES
1	Jodan Uke – Ipponme, Yohonme	Head blocks – 1, 4
2	Chudan Soto Uke	Mid section outer block
3	Chudan Uchi Uke	Mid section inner block
4	Mae-geri Uke – Nihonme, Yohonme, Ropponme	Kick blocks -2, 4, 6
No	OHYO GUMITE	SEMI-FREE FIGHTING
1	Sanbonme	Semi-free sparring number 3
2	Yohonme	Semi-free sparring number 4
3	Gohonme	Semi-free sparring number 5
No	KIHON KUMITE	BASIC FIGHTING
1	Sanbonme	Number 3
2	Yonhonme	Number 4
No	KATA	FORM
1	Kushanku	Kushanku
2	Nai Hanchi	Nai Hanchi
3	Any Uke's, Ohyo's, Kihon's or Kata's from	Any Uke's, Ohyo's, Kihon's or Kata's from previous Gradings

	previous Gradings	
No	JIYU KUMITE	FREE FIGHTING
Satisfactory competition track record		
Fitness Test as per Appendix		