

3rd to 2nd Kyu grading - brown + 1 stripe belt

* new to this grade

KIHON (basics) (no count, *zenkutsu-dachi* unless otherwise stated)

mae-geri, chudan oi-zuki x 5

mawashi-geri, chudan gyaku-zuki x 5

mae-geri, mawashi-geri (different legs) x 6 * (3 turn 3)

yoko-geri kekomi, uraken, gyaku-zuki x 3 *

mawashi-geri, ushiro-geri x 3 *

kiba-dachi: yoko-geri keage, yoko-geri kekomi (same leg) x 6 * (3 turn 3)

gyaku-zuki, mae-geri, gyaku-zuki, gedan-barai x 6 * (3 turn 3)

KUMITE (partner work) *jiyu ippon-kumite* (semi-free, 1-step)

Note: in - inside opponent's attack; out - outside opponent's attack

jodan no.1 *

jodan oi-zuki

// *tate-shuto uke* (45° in) - *gyaku-zuki*

jodan no.2 *

jodan oi-zuki

// *nagashi-uke* - *gyaku ura-zuki* (simultaneous)

chudan no.1 *

chudan oi-zuki

// *soto uke* (45° out) - *gyaku-zuki*

chudan no.2 *

chudan oi-zuki

// *gedan seiryuto-uke* - *jodan uraken-uchi*

mae-geri no.1

mae-geri

// *gedan-barai* (45° in) - *gyaku-zuki*

mae-geri no.2 *

mae-geri

// *gedan-barai* (45° out), *tate-shuto* - *jodan-zuki*

yoko-geri kekomi no.1

chudan yoko-geri kekomi

// *soto-uke* (45° out) - *gyaku-zuki*

mawashi-geri no.1

chudan mawashi-geri

// *uchi-uke* (90° in) - *gyaku-zuki*

You may be asked to do some light free-sparring (*jiyu-kumite/shobu-ippon*)

KATA (form)

You will be asked to do a *Heian* of the examiner's choice

You may be asked to perform *Tekki Shodan*

Plus your choice, one from:

Bassai-dai, Jion, Empi, Kanku-dai *

2nd Kyu grading - word list

Jodan

Upper level

Chudan

Middle level

Gedan

Lower level

Hidari

Left side

Migi

Right side

Zenkutsu-dachi

Front stance

Kiba-dachi

Horse-riding stance

Oi-zuki

Stepping punch (same side as leading leg)

Gyaku-zuki

Reverse punch (opposite to leading leg)

Ura-zuki

Opposite side [of hand] punch; short punch

Uraken-uchi

Backfist strike

Shuto-uchi

Knife-hand strike

Tate-shuto

Vertical knife-hand

Age-uke

Rising block

Soto-uke

Outside block

Uchi-uke

Inside block

Gedan-barai

Lower-level block (sweep)

Nagashi-uke

Flowing block

Seiryuto-uke

Ox-jaw block (or blue dragon sword block)

Mae-geri

Front kick

Mawashi-geri

Roundhouse kick

Yoko-geri

Side kick

Ushiro-geri

Back kick

Keage

Snap

Kekomi

Thrust