

2nd KYU

(Brown Belt with a White Stripe)

KIHON

| Step | Tachi (Stance) | Waza (technique) | Level/direction | Times | | |
|----------------|----------------|--|-------------------------------|----------------------------------|-----|--|
| 1 | Zenkutsu Dachi | Gedan Barai | | | | |
| | | Oi Zuki | Fwd | | | |
| | | Gyaku Zuki | Fwd | | | |
| | | Ren Zuki | Fwd | | | |
| | | Sanbon Zuki | Fwd | | | |
| | | Tate Zuki | Fwd | | | |
| | | Age Uke / Gyaku Zuki | Back | | | |
| | | Uchi Uke / Kizami Zuki / Gyaku Zuki | Back | | | |
| | | Soto Uke / Yoko Empi (Kiba) / Uraken / Gyaku Zuki | Back | | | |
| | | Gedan Barai / Uraken / Gyaku Zuki | Back | | | |
| | | Shuto Uke / Kizami Geri / Nukite / Uchi Shuto Uchi | Back | | | |
| | | Kamae-Te | Mae Geri / Gyaku Zuki | | Fwd | |
| | | | | Yoko Geri Kekomi / Gyaku Zuki | Fwd | |
| | | | | Mawashi Geri / Gyaku Zuki | Fwd | |
| | | Mawatte | Ura Mawashi Geri / Gyaku Zuki | | Fwd | |
| | | | | Ushiro Geri / Gyaku Zuki | Fwd | |
| | | | | Ushiro Mawashi Geri / Gyaku Zuki | Fwd | |
| | | 2 | Zenkutsu Dachi | Shiho Uke | | |
| Tate Empi Uchi | Shiho | | | 4 | | |
| Otoshi Tetsui | Shiho | | | 4 | | |
| 3 | Zenkutsu Dachi | Yoko Uraken | Shiho | 4 | | |
| | | Shiho Uke Gyaku Hanmi | | | | |
| | | Soto Shuto Uchi | Shiho | 4 | | |
| 4 | Kiba Dachi | Haito Uchi | Shiho | 4 | | |
| | | Keito Uchi | Shiho | 4 | | |
| | | Shiho Uke | | | | |
| | | Teisho Uchi | Shiho | 4 | | |

ビルキルカラ

空手

道場

| | | | | |
|---|-----------------|---------------|-------|---|
| | | Haishu Uchi | Shiho | 4 |
| | | Kakuto Uchi | Shiho | 4 |
| 5 | Neko Ashi Dachi | Shiho Uke | | |
| | | Kumade Uchi | Shiho | 4 |
| | | Seiryuto Uchi | Shiho | 4 |
| | | Washide Uchi | Shiho | 4 |

KUMITE

a) Kihon Ippon Kumite

Jodan / Chudan / Mae Geri / Yoko Geri / Mawashi Geri / Ushiro Geri / Ura
Mawashi Geri

b) Jiyu Ippon Kumite

Jodan / Chudan / Mae Geri / Yoko Geri / Mawashi Geri / Ushiro Geri / Ura
Mawashi Geri

c) Ji-yu Kumite

KATA

a) Tekki Shodan

b) Bassai Dai

c) Kanku Dai