

# 2<sup>nd</sup> KYU

(Brown Belt with a White Stripe)

## KIHON

### Zenkutsu Dachi / Gedan Barai / Gyaku Zuki

- Forward Oi Zuki Jodan  
• Backward Age uke / Otoshi Uraken / Gyaku Zuki  
• Forward (Kamae Te) Tsugi Ashi Maegeri / Ura Ashi Maegeri / Uraken / Gyaku Zuki
- Forward Gyaku Zuki Chudan  
• Backward Uchi Uke / Kizami zuki / Gyaku Zuki  
• Forward (Kamae Te) Tsugi Ashi / Yoko Kekomi / Ura Ashi Yoko Kekomi / Uraken / Gyaku Zuki
- Forward Renzuki  
• Backward Soto Uke / Yoko Empi (Kiba) / Uraken / Gyaku Zuki  
• Forward (Kamae Te) Tsugi Ashi / Mawashigeri, Ura Ashi Mawashigeri / Uraken / Gyaku Zuki
- Forward Sanbon Zuki  
• Backward Gedan Barai / Uraken / Gyaku Zuki  
• Forward (Kamae Te) Tsugi Ashi / Uramawashi Geri / Ura Ashi Uramawashi Geri / Uraken / Gyaku Zuki
- Forward Tate zuki  
• Backward Shuto Uke (*Ko.dachi*) / Kizami geri / Nukite (*Zen. dachi*) Jodan Shuto Uchi / Gyaku Shuto Soto Uchi / Age Uke (*Nekoashi dachi*) / Gyaku Zuki  
• Forward (Kamae Te) Maeashi Yoko Kekomi / Ura Ashi Yoko Kekomi / Maeashi Ushiro Geri / Uraken / Gyaku Zuki

## KUMITE

### JIYU IPPON KUMITE LINE UP

Jodan / Chudan / Maegeri / Yokogeri / Mawashi Geri / Ura Mawashi Geri / Ushiro Geri

### JIYU KUMITE

## KATA

- Tekki Shodan
- Bassai Dai
- Kanku Dai
- Heian oyo Shodan + Bunkai

ビル  
キル  
ル  
カラ  
空手

道場