

BROWN BELT 2nd Kyu (Nikyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Mae geri, jun zuki
- Mawashi geri, gyaku zuki
- Gyaku zuki, mae geri, jun zuki, gedan barai

Zenkutsu Dachi, Kamae

- Mae geri, mawashi geri
- Kizami yoko kekomi, ushiro geri

Kiba Dachi

- Yoko geri keage, (stepping — change leg), yoko geri kekomi

KATA

- Tekki Shodan
- Sentei Kata (choose one Kata from this group):

Bassai Dai

Kanku Dai

Jion

Enpi

KUMITE

- Jiyu Ippon Kumite

2 Jodan 1 Yoko geri

2 Chudan 1 Mawashi geri

2 Mae geri