

## **2ND KYU Brown Belt (two red strips)**

### **KIHON TSUKI & KERI (Basic techniques)**

- 1. KETTE JUNZUKI.** Front snap kick with the ball of the foot with the same hand punch to the stomach.
- 2. KETTE GYAKU ZUKI.** Same as above but with opposite puch.
- 3. KETTE JUNZUKI NO-TSUKKOMI.** Front snap kicks to the stomach, with the same hand lunge punch to the face; from the lunge position do the snap kick now to the groin with kei.
- 4. KETTE GYAKU ZUKI NO-TSUKKOMI.** Front snap kick with the ball of the foot, land to the side the so heal and toes are in line, The punch should be done as you land, not to high it should be, knot of the belt height.
- 5.GYAKU-MAWASHI GERI.** Kicking off the back leg the kick should be done with the sole of the foot at head.(don't forget to pick the knee up quite high so you get good leverage on the kick).
- 6. HIZA GAMEN.** With both hands reach forward as if you were grabbing around your opponents neck pull down, and do knee strike as your hand are coming down with kei.
- 7. USHIRO KAKATO GERI.** Spinning AXE kick (don't forget get your focus before you kick)

### **RENRAKU WAZA (COMBINATIOIN TECHNIQUES).**

#### **1.TOBIKOMI ZUKI JODAN, GYAKU ZUKI CHUDAN - ASHI BARAI GYAKU ZUKI CHUDAN.**

Pushing forward front snap punch to the face still pushing forward reverse punch as you pull back the reverse punch sweep with the front leg then do reverse punch with Kei.

#### **2. (MAE GERI, SURIKOMI MAWASHI GERI JODAN) USHIRO MAWASHI GERI**

**JODAN, GYAKU ZUKI CHUDAN.** Kick off the back leg with the ball of the foot land, then

half step forward with the same leg do round house kick to the head, then land across pause get your focus, then do spinning round house kick with the sole of the foot to the head land get your focus again then reverse punch with Kei.

**3.SURIKOMI SOKUTO JODAN, USHIRO GERI CHUDAN, URAKAN JODAN.** Off the front leg half step up slight half turn edge of foot kick to the head land across and turn with a slight pause then do back kick with the heal, land across get focus then do back of fist strike to the side of the head with Kei.

### **NIHON GUMITE (Pair Techniques)**

1. Attacker right stance: Defender right stance
- 2.Attacker Left stance: Defender Left stance

#### **OHYO GUMITE (Pair technique)**

3. Attacker Left stance: Defender Right stance.

## **KATA FORM**

KU SHANKU  
( Plus previous Katas)

**JI YU KUMITE (Free fighting).**