



2nd KYU Syllabus Brown/ 2 White stripe Belt

*Criteria: 3-6mths between grades to inc 6 Yudansha Class
+ Sensei permission to grade*

Kihon

Mae Geri - Oi-zuki

Mawashi Geri - Gyaku Zuki

Gyaku zuki - Mae Geri - Oi-zuki - Gedan Barai

Mae Geri - Mawashi Geri

Kizami Yoko Geri - Ushiro Geri

Kiba Dachi:

Yoko Keage - Yoko Kekomi (same leg)

Kata: Bassai Dai & Tekki Shodan

Jiyu Ippon **Kumite** (semi-free 1-step)

2 x Jodan

2 x Chudan

2 x Mae Geri

1 x Yoko Geri

1 x Mawashi Geri

1 x Ushiro Geri

Kata: Bassai Dai & Tekki Shodan

www.tskr.co.uk