



# Physical Requirements

## 2<sup>nd</sup> Kyu, Second Brown Belt

### KIHON (Basics)

#### Blocks & Punches

	<b>New</b>
Zuki (Basic punches)	
Uke (Basic blocks)	Kosa uke (Crossing block)
Morote uke (Augmented block)	Otoshi uke (Downward block)
Oi gyaku zuki (Lunging reverse punch)	Tsukami uke (Grasping block)
Juji uke (X block)	
Kakiwake uke (Spreading block)	
Haiwan uke (Back of arm block)	
Haishu uke (Backhand block)	
Tsuki age (Punching block)	
Nagashi uke (Sweeping block)	
Manji uke (Down block; upper inside block)	
Kage zuki (Hook punch)	
Ura zuki (Close quarter punch)	
Nami ashi (Inside leg block)	
Sokumen uke (Side block)	
Morote zuki (Augmented punch)	
Sukui uke (Scooping block)	
Morote age uke (Augmented rising block)	
Yama zuki (U punch)	

#### Strikes

	<b>New</b>
Tettsui uchi (Hammer strike)	
Yoko empi uchi (Side elbow strike)	Ni uchi (2-strike combinations)
Uraken uchi (Back knuckle strike)	Teisho uchi (Palm heel strike)
Shihon nukite (Spear hand thrust)	
Mae empi uchi (Forward elbow strike)	
Hiza uchi (Head strike)	
Hitsu uchi (Knee strike)	
Sokumen empi uchi (Side elbow strike)	

## Kicks

Geru (Basic kicks)
Geru ashi okite (Alternating leg kicks)
Fumikomi geru (Stomping kick)
Mae geru keage, mawashi geru, yoko geru kekomi, ushiro geru ashi okite
Mikazuki geru (Crescent kick)
Mae geru keage to mae geru kekomi onaji ashi (same leg kicks)
Mae geru keage to mawashi geru onaji ashi
Mae geru keage to yoko geru kekomi onaji ashi
Mawashi geru to yoko geru kekomi onaji ashi
Mawashi geru to ushiro geru onaji ashi
Yoko geru kekomi to ushiro geru onaji ashi
Yoko geru keage to yoko geru kekomi, kidadachi stance onaji ashi
Mae geru keage, mawashi geru, yoko geru kekomi, ushiro geru onaji ashi (3 times)

## AWASE WAZA (Combined Techniques)

### Formal Stance Combinations

Mae geru keage to oi zuki (Front snap kick to lunge punch)	<b>New</b>
Gyaku zuki to mae geru keage (Reverse punch to front snap kick)	
Soto uke to yoko empi uchi (Outside block to side elbow strike)	Soto uke, yoko empi uchi, uraken uchi to gyaku zuki (Outside block, side elbow strike, back knuckle strike to reverse punch)
Shuto uke to mae geru keage to shihon nukite (Knife hand block to front snap kick to spear hand thrust)	
Uke to gyaku zuki (Any block to reverse punch)	
Ren zuki (Double punch)	
San zuki (Triple punch)	
Uke to ni gyaku zuki (Any block to double punch)	
Kata combinations	

### Fighting Stance Combinations (Fudo Dachi)

All fudo dacho for kyu 3-9	<b>New</b>
Oi zuki, kizami zuki to step up mawashi geru to spinning ushiro geru (Lunge punch, jab to step up round kick to spinning back kick)	Step up mae geru keage to kizami zuki, step up mawashi geru to shuffle up ushiro geru (Step up front snap kick to jab, step up round kick to shuffle up back kick)
Oi zuki, switch dachi, gyaku zuki to yoko geru kekomi to shuffle up ushiro geru (Lunge punch, switch stance,	Kizami zuki, switch dachi, ni gyaku zuki to yoko geru kekomi to spinning uraken uchi to

reverse punch to side thrust kick to shuffle up back kick)	oi zuki (Jab, switch stance, reverse punch, reverse punch to side thrust kick to spinning back knuckle strike to lunge punch)
Mae geri keage to oi zuki, gyaku zuki to mawashi geri (Front snap kick to lunge punch, reverse punch to round kick)	
Oi gyaku zuki to gyaku zuki to mawashi geri to spinning ushiro geri (Lunging reverse punch to reverse punch to round kick to spinning back kick)	
Kizami zuki to step up mae geri keage, switch dachi, gyaku zuki to mae geri keage (Jab to step up front snap kick, switch stance, reverse punch to front snap kick)	
Kizami zuki to step up mawashi geri, switch dachi, gyaku zuki to yoko geri kekomi to spinning ushiro geri kekomi (Jab to step up round kick, switch stance, reverse punch to side thrust kick to spinning back kick)	

## KATA (Forms)

Heian Shodan (Peaceful Mind 1)	<b>New</b>
Heian Nidan (Peaceful Mind 2)	Jion (A temple in China)
Heian Sandan (Peaceful Mind 3)	
Heian Yondan (Peaceful Mind 4)	
Heian Godan (Peaceful Mind 5)	
Tekki Shodan (Iron Warrior 1)	
Bassai Dai (Storming the Castle, greater)	

## KUMITE (Sparring)

Gohon kumite (Five-step sparring)
Sambon kumite (Three-step sparring)
Tournament freestyle
Jiju kumite (Freestyle sparring)

## Contact Self-Defense Techniques

Ten techniques + four impromptu
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TEST FEE = \$60