

Grading Syllabus

2nd Kyu

KIHON, TSUKI & KERI

From fighting stance:

1. **Ushiro-geri Mawash Jodan**
2. **Nidan-geri Jodan**
3. **Mae-geri Jodan**
4. **Mawashi-geri Jodan**
5. **Sokoto Jodan**
6. **Ushiro-geri Jodan**
7. **Mae-geri Rengeri**
8. **Surikomi Kette Junzuki**
9. **Surikomi Kette Gyakazuki**

From formal stance:

10. **Tobikomizuki**
11. **Nagashizuki**

From basic stance:

12. **Junzuki**
13. **Gyakazuki**
14. **Junzuki No-Tsukomi**
15. **Gyakazuki No-Tsukomi**

SANBON-GUMITE

1. **Mawashi-geri Moroto Uke (BoL)**
2. **Mae-geri – Groin Kick (BoL)**
3. **Mae-geri – Throat Grab (BoL)**

JODAN UKES

1. **Ipponme (BoL)**
2. **Nihonme (BoR)**
3. **Sanbonme (BoR)**
4. **Yonhonme (BoR)**
5. **Gonhonme (BoL)**
6. **Roponme (BoL – Attacker R)**

KATA

Five Heian Katas
Tekki Shodan
Kanku Dai
Bassai Dai

JI YU KUMITE

Two by two minute rounds – separate opponents for each round

PMAC