

## 2nd Kyu

Yoi. Forward Zen Kutsu Dachi Mawashi Empi Uchi, back Gedan Bari, forward inside Shuto. Back to Yoi. Repeat other side.

Neko Ashi Dachi, leading leg Mawashi Geri, land Zen Kutsu Dachi, Gyaku Tsuki, back into Neko Ashi Dachi Coming Forward.

Zen Kutsu Dachi Tsurikomi Mawashi Geri, Ushiro Geri land in Yoi, Yoko Geri, land forward. Repeat on opposite side.

Zen Kutsu Dachi Project Maekin Tsuki, Jodan Gyaku Tsuki, Ura Mawashi Geri. Back to guard.

Sanchin Dachi Kakewake Uke. Moving forward

Combination 7A

Combination 7B

Padwork Gyaku Tsuki L/H

Padwork Crescent Kick

Padwork Mae Geri L/L

Padwork Jab & Hook to focus mitts

One shot Mawashi Geri

Japanese Test. Examiners will call out 5 techniques and candidates will demonstrate. (1 point each )

Partnerwork. Attack: Grabbing technique from front. Defence of choice.

Partnerwork. Attack: Grabbing technique from rear. Defence of choice.

Partnerwork. Attack: Strangle from front. Defence of choice.

Demonstrate & explain 2 techniques from choice of 5 given prior to grading. Examiners choice. (mark out 5 for each)

Jiin (X 3 marks)

Matsukaze (X 3 marks)

Random past kata (X 3 marks)

Random past kata (X 3 marks)

Kumite

Pass marks      90