

2nd Kyu Brown Belt

Minimum 36-42 months consistent training to qualify

GENERAL KNOWLEDGE

Teaching Skills

Written Test: My Karate life

Tournament Participation since beginning of Kyokushin Karate

FITNESS

Knuckle push-ups 50

Five finger push-ups 20

Three finger push-ups 10

Two finger push-up 10

Crunches 30x 5

Squats 200

Jumping Squats 30

Handstand against wall for 1 minute

Walk on hands for 5 meters

UKE-WAZA (Blocks)

Kake Uke / Chudan and Gedan Nagashi Uke

TZUKI & UCHI WAZA (Thrusts & Strikes)

(Again same as previous grade from 5th Kyu to 3rd Kyu)

KERI WAZA (Kicks)

(Again same as previous grade from 5th Kyu to 3rd Kyu)

IDO GEIKO (Moving Basics)

(Again same as previous grade from 5th Kyu to 3rd Kyu)

RENRAKU

1) Zenkutsu Dachi: Shuto Jodan Age Uke, Shuto Gammen Uchi, Giyaku Nukite-uchi, Oi Jodan Nihon Nukite Uchi

2) Kamae Dachi: Jodan Mawashi Geri (front leg) Ushirio Mawashi Geri, Chudan Mae Geri(front leg) Giyaku Oi Tsuki

3) Zenkutsu Dachi Ura: Yohon Uke (Jodan Uke, Shoto Uke,Uchi Uke,Gedan Barai) Same techniques by Sakari.

KATA

Peenan Sono Go Ura

Naifanchi Shodan

KATA BUNKAI

Yantsu

GOSHIN JITSU (self-defence)

TAMASHIWARI

Seiken 3 Boards

Shuto 3 Boards

Hiji 3 Boards

KUMITE: 9 Rounds

