



## 2nd Kyu Brown-1xWhite Stripe

| Grade   | Kihon (Basics)  | Kata (Form)  | Kumite (Sparring)  |
|---|---|--|--|
| <p style="text-align: center;"><b>2<sup>nd</sup> Kyu Grading</b></p>  <p style="text-align: center;">Brown Belt/White Stripe</p> <p style="text-align: center;">Grading for</p> <p style="text-align: center;"><b>Brown/2x White Belt</b></p>  <p style="text-align: center;"><b>1<sup>st</sup> Kyu</b></p>   | <p><b>1) (from Gedan-Bari) Step SANBON-ZUKI</b> (4 or 6 times)<br/>mawatte (turn) Gyaku-zuki ready</p> <p><b>2) Rotate 360° GYAKU-ZUKI</b> (Chudan)<br/>(no turn)</p> <p><b>3) Step Back SOTO-UKE / ENPI / Uraken</b> (shifting from Zenkutsu to Kiba-Dachi)<br/>Shift to Shuto-Uke in Kokutsu-Dachi</p> <p><b>4) Step back SHUTO-UKE / KIZAMI MAE-GERI / NUKITE</b> (shifting from Kokutsu to Zenkutsu-Dachi)<br/>(no turn) Stay in Zenkutsu-Dachi</p> <p><b>5) Step forward UCHI-UKE / KIZAMI-ZUKI / GYAKU-ZUKI</b><br/>mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p><b>6) Step forward MAE-GERI / MAWASHI-GERI</b> (Ren-geri - examiners chooses - jodan/chudan )<br/>mawatte (turn). Shift into Kiba-Dachi</p> <p><b>7) Step forward MAE-GERI / YOKO-GERI KEKOMI</b> (Same Leg)<br/>mawatte (turn). Shift into Kiba-Dachi</p> <p><b>8) Stepping forward YOKO-GERI KEAGE / change leg YOKO-GERI KEKOMI</b></p> <p><b>9) Step forward MAWASHI-GERI / GYAKU-ZUKI</b><br/>mawatte (turn)</p> <p><b>10) USHIRO-GERI / GYAKU-ZUKI</b><br/>mawatte (turn)</p> <p><b>11) Step forward YOKO SHUTO-UCHI</b> (Jodan)<br/>mawatte (turn)</p> <p><b>12) Step back URAKEN-UCHI</b> (Jodan)<br/>mawatte (turn)</p> | <p style="text-align: center;"><b>Bassai-Dai</b></p> <p style="text-align: center;">performed without<br/>count</p> <p style="text-align: center;">Plus any Kata from<br/>previous gradings if<br/>asked</p> | <p style="text-align: center;"><b>Jiyu-Ippon</b><br/>(Left &amp; Right Sides)</p> <p style="text-align: center;">1x Jodan<br/>1x Chudan<br/>1x Mae Geri<br/>1x Yoko Geri<br/>1x Mawashi Geri</p> <p style="text-align: center;">A variety of counter<br/>techniques should be<br/>demonstrated</p> <p style="text-align: center;">Defense must be<br/>Uke (block) followed<br/>by Counter with no delay<br/>(no de-ai/ai-de)</p> |
| <p>Khion techniques must be delivered with good spirit, proper timing, focus and kime<br/>Kata should be performed without mistake; using good spirit with good correct timing and kime. Kata begins and ends with etiquette<br/>Students must demonstrate an upgrading of quality in stance, speed and power. Kata should be performed without mistakes and using tempo, continuation and transmission of power.<br/>Kumite should be accurate in offence and demonstrate effective defence and counter attack.<br/>Juniors under 12 years old will progress by Sen grades (junior grade system) which allows more time to achieve the required standard expected for each grade.<br/>To achieve a "double grade" award, students must make no major mistakes during the grading, having also demonstrated good spirit and etiquette.<br/>Grading examiners will take into account how much effort students demonstrate during normal training sessions.</p> |   |  |  |