2 KYU-BROWN BELT

KIHON

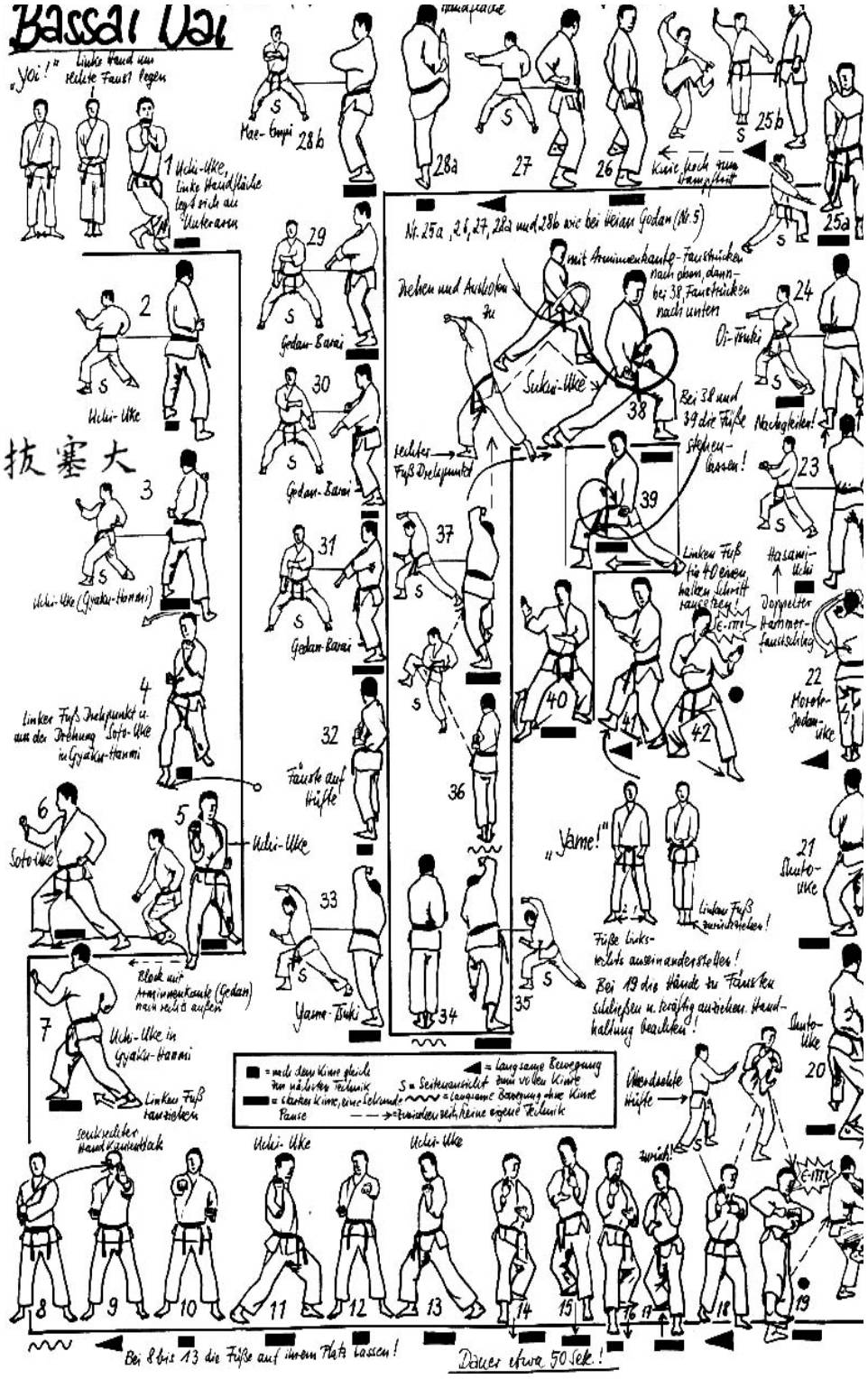
1. Oi-tsuki, zkd
2. Sanbon-tsuki, zkd
3. Age-uke/gyaku-tsuki/kizami-tsuki/mae-geri/gyaku-tsuki, zkd
4. Soto-uke/yoko-empi-uchi/uraken-uchi/gyaku-tsuki/mae-geri/kizami-tsuki/gyaku-tsuki, zkd/kbd/zkd
5. Uchi-uke/gyaku-empi-uchi/kizami-uraken-uchi/mawashi-geri/kizami-tsuki/gyaku-tsuki, zkd
6. Shuto-uke/kizami-geri/gyaku-nukite/uraken-uchi/gyaku-empi uchi/kizami-mawashi-geri chudan/dyaku-mawashi-geri dzedan, kkd/zkd
7. Mawashi-shuto-uchi/gyaku-haito-uchi/age-empi-uchi/gyaku-empi-uchi/kizami-mawashi-geri-dzedan/gyaku-ura-mawashi-dzedan, zkd
8. Kaite 360, age-uke/gyaku-tsuki, zkd
9. Okuri-ashi, kizami-tsuki/oi-tsuki/suri-ashi-gyaku-tsuki, zkd
10. Okuri-ashi, gyaku-tsuki/yoko-geri-kekomi, zkd
11. Kaite, ushiro-geri/gyaku-tsuki, zkd
12. Kizami-mawashi-geri/mawashi-geri, zkd
13. Ushiro-ger+mawashi-geri, zkd
14. Ushiro-ger/ura-mawashi-geri, zkd
15. Yoko-geri-keage/kaite 180, yoko-geri-kekomi, kbd
16. Yoko-geri-kokomi/uraken-uchi/gyaku-tsuki, zkd
17. Mae-geri/mawashi-geri/kaite 360, yoko-geri-keage/kaite 180, yoko-geri-kekomi, zkd
18. Gyaku-tsuki (with kaite 360, 4 tsuki)
19. Shiho-uchi, zkd
20. Shiho-geri (mae, yoko, ushiro, mawashi), zkd

KATA: Shitei: BASSAI-DAI

Tokui: Heian 1-5, Tekki-1

KUMITE: JIU-IPPON-KUMITE (left and right):

TORI: Oi-tsuki jodan
Oi-tsuki chudan
Mae-geri shudan
Yoko-geri chudan
Mawashi-geri jodan
Ura-mawashi jodan

UKE: Blocking and kontr.

WKF: Eelmiste vööprogrammide harjutused. Rünnak paus rünnak. Kontrarünnak. Ennetus.
Akrobaatika: Eelmiste vööprogrammide harjutused.
Heited: O-soto-otosi. Tai-otosi. Hane-Goshi. Ashi-barai.
Matšid. 3 tükki 2 minutiga, partneri vahetus.
ÜKE: 80 kätekõverdust, 80 küki, 80 kõhulihast, 80 selg.