

**2<sup>nd</sup> Kyu – Brown (White Tag)**  
*(Ninth Belt/Grade)*

**Minimum Training Time:**  
*9 Months (36 Weeks)*

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**Technical Requirements:**  
**(All Techniques Performed In Both Stances)**

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**JAPANESE**

**Kaishu Waza**

1. Haishu Uchi (Jodan (Cheek)) [FA]
2. (Shotei) Teisho Uchi (Gedan (Kin)) [BA]
3. Yonhon Nukite (Jodan (Throat)) [BA]
4. Nihon Nukite (Jodan (Eye))
5. Soto Haito Uchi (Jodan (Throat))  
[Palm Down]

**ENGLISH**

**Open Hand**

1. Back Hand Slap (Head (Cheek)) [FA]
  2. Palm Heel (Low (Groin)) [BA]
  3. Spear Hand Strike (Head (Throat)) [BA]
  4. Two Finger Spear Hand (Head (Eye))
  5. Outside Ridge Hand Strike (Head (Throat))  
[Palm Down]
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**Ken (Ippon Ken) Waza**

1. Nakadaka Ippon Ken (Chudan) [BA]
2. Hitosashi Ippon Ken (Jodan (Eye))
3. Oyayubi Ippon Ken (Jodan (Cheek/Ear))

**Fist (One Knuckle)**

1. Middle Knuckle Punch (Body) [BA]
  2. Forefinger Knuckle Punch (Head (Eye))
  3. Thumb Knuckle Punch (Head (Cheek/Ear))
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**Ude Waza**

1. Naiwan Uchi (Jodan)

**Arm Strikes**

1. Inner Forearm Strike (Head)
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**Keri Waza**

1. Tobi Ura Mawashigeri (Jodan) [BL]  
/ Mawashigeri (Hiza)  
[Same Leg]
2. Tobi Yokogeri (Chudan) [BL]
3. Tobi Ushirogeri (Chudan) [BL]
4. Maegeri (Chudan) [BL]  
/ Maegeri (Jodan)  
/ Sokuto Yokogeri (Hiza)  
[Same Leg]
5. Maegeri [BL]  
/ Mawashigeri  
[Same Leg] [Travelling]

**Kicks**

1. Jumping Hook Kick [BL]  
/ Roundhouse Kick (Knee)  
[Same Leg]
  2. Jumping Side Kick (Body) [BL]
  3. Jumping Back Kick (Body) [BL]
  4. Front Kick (Body) [BL]  
/ Front Kick (Head)  
/ Side Kick (Knee)  
[Same Leg]
  5. Front Kick [BL]  
/ Roundhouse Kick  
[Same Leg] [Travelling]
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## Renraku Waza

## Combination Techniques

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|---|---|
| <ol style="list-style-type: none"> <li>1. <b>Tobi Maegeri (Chudan) [FL]</b> <ul style="list-style-type: none"> <li>– Chokuzuki (Jodan)</li> <li>– Gyakuzuki (Chudan)</li> <li>– Ashi Barai [BL]</li> <li>/ Kotatokeri</li> <li>[Same Leg]</li> </ul> </li> <li>2. <b>Mawashigeri</b> <ul style="list-style-type: none"> <li>– Ura Mawashigeri (Jodan) [BL]</li> <li>– Ushirogeri (Chudan)</li> <li>– Tobi Uchi Mikazukigeri (Jodan)</li> <li>[Alt Legs]</li> <li>– Uraken (Jodan)</li> <li>– Haito Uchi (Jodan)</li> </ul> </li> <li>3. <b>Tobi Nidan Mawashigeri (Jodan)</b> <ul style="list-style-type: none"> <li>– Yokogeri (Jodan)</li> <li>/ Yokogeri (Chudan)</li> <li>[Same Leg]</li> <li>– Tobi Uchi Mikazukigeri (Jodan)</li> <li>– Gyakuzuki (Chudan)</li> <li>– Uraken (Jodan)</li> <li>– Mawashizuki (Jodan)</li> <li>[Alt Arms]</li> </ul> </li> <li>4. <b>Maegeri (Chudan) [BL]</b> <ul style="list-style-type: none"> <li>/ Yokogeri (Chudan)</li> <li>/ Ura Mawashigeri (Jodan)</li> <li>/ Mawashigeri (Jodan)</li> <li>[Same Leg]</li> <li>– Uraken (Jodan)</li> <li>– Haito (Jodan)</li> <li>– Mawashizuki (Jodan)</li> <li>[Alt Arms]</li> </ul> </li> <li>5. <b>Chokuzuki (Jodan)</b> <ul style="list-style-type: none"> <li>– Gyakuzuki (Chudan)</li> <li>– Nidan Geri (Jodan)</li> <li>– Tobi Mawashigeri (Jodan)</li> <li>/ Ura Mawashigeri (Jodan)</li> <li>[Same Leg]</li> <li>– Soto Haito Uchi (Jodan)</li> </ul> </li> </ol> | <ol style="list-style-type: none"> <li>1. <b>Jumping Front Kick (Body) [FL]</b> <ul style="list-style-type: none"> <li>– Snap Punch (Head)</li> <li>– Reverse Punch (Body)</li> <li>– Foot Sweep [BL]</li> <li>/ Axe Kick</li> <li>[Same Leg]</li> </ul> </li> <li>2. <b>Roundhouse Kick</b> <ul style="list-style-type: none"> <li>– Hook Kick (Head) [BL]</li> <li>– Back Kick (Body)</li> <li>– Jumping Inside Crescent Kick (Head)</li> <li>[Alt Legs]</li> <li>– Back Fist (Head)</li> <li>– Ridge Hand Strike (Head)</li> </ul> </li> <li>3. <b>Jumping Scissors Roundhouse Kick (Head)</b> <ul style="list-style-type: none"> <li>– Side Kick (Head)</li> <li>/ Side Kick (Body)</li> <li>[Same Leg]</li> <li>– Jumping Inside Crescent Kick (Head)</li> <li>– Reverse Punch (Body)</li> <li>– Back Fist (Head)</li> <li>– Roundhouse Punch (Head)</li> <li>[Alt Arms]</li> </ul> </li> <li>4. <b>Front Kick (Body) [BL]</b> <ul style="list-style-type: none"> <li>/ Side Kick (Body)</li> <li>/ Hook Kick (Head)</li> <li>/ Roundhouse Kick (Head)</li> <li>[Same Leg]</li> <li>– Back Fist (Head)</li> <li>– Ridge Hand (Head)</li> <li>– Roundhouse Punch (Head)</li> <li>[Alt Arms]</li> </ul> </li> <li>5. <b>Snap Punch (Head)</b> <ul style="list-style-type: none"> <li>– Reverse Punch (Body)</li> <li>– Jumping Scissors Front Kick (Head)</li> <li>– Jumping Roundhouse Kick (Head)</li> <li>/ Hook Kick (Head)</li> <li>[Same Leg]</li> <li>– Outside Ridge Hand Strike (Head)</li> </ul> </li> </ol> |
|---|---|
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### **Sanbon Gumite**

*(Pairs)*

1. Chudan Uchi Uke  
– Empi
2. Chudan Soto Uke  
– Maegeri  
– Gyakuzuki
3. Chudan Uchi Uke  
– Kansetsu Waza
4. Chudan Soto Uke  
– Kansetsu Waza
5. Jodan Uke Ipponme
6. Jodan Uke Nihonme
7. Jodan Uke Sanbonme
8. Jodan Uke Yonhonme
9. (Chudan) Maegeri Uke Ipponme
10. (Chudan) Maegeri Uke Nihonme

### **3 Step Fighting**

*(Pairs)*

1. Inside Body Block  
– Elbow Strike
2. Outside Body Block  
– Front Kick  
– Reverse Punch
3. Inside Body Block  
– Arm Lock
4. Outside Body Block  
– Arm Lock
5. Head Block Number One
6. Head Block Number Two
7. Head Block Number Three
8. Head Block Number Four
9. (Body) Kick Block Number One
10. (Body) Kick Block Number Two

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### **Ohyo Gumite**

*(Pairs)*

1. Ohyo Gumite Ipponme
2. Ohyo Gumite Nihonme
3. Ohyo Gumite Sanbonme
4. Ohyo Gumite Yonhonme
5. Ohyo Gumite Gohonme

### **Semi Free Fighting**

*(Pairs)*

1. Semi Free Fighting One
2. Semi Free Fighting Two
3. Semi Free Fighting Three
4. Semi Free Fighting Four
5. Semi Free Fighting Five

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### **Kihon (Yakusoku) Kumite**

*(Pairs)*

1. Kihon Kumite Ipponme
2. Kihon Kumite Nihonme
3. Kihon Kumite Sanbonme
4. Kihon Kumite Yonhonme
5. Kihon Kumite Gohonme
6. Kihon Kumite Ropponme

### **Basic Sparring**

*(Pairs)*

1. Basic Sparring One
2. Basic Sparring Two
3. Basic Sparring Three
4. Basic Sparring Four
5. Basic Sparring Five
6. Basic Sparring Six

## Traditional

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|--|---|
| <b>1. Tobikomizuki (Jodan)</b>                                       | <b>1. Sliding Snap Punch (Head)</b>                                   |
| <b>2. Nagashizuki (Jodan)</b>  | <b>2. Sliding Twisting Snap Punch (Head)</b>                          |
| <hr/>  |   |
| <b>1. Junzuki (Chudan)</b><br>– Mawatte Jodan Uke                    | <b>1. Lunge Punch (Body)</b><br>– Turn Rising Head Block              |
| <b>2. Kette Junzuki (Chudan)</b><br>– Mawatte Jodan Uke              | <b>2. Kick Lunge Punch (Body)</b><br>– Turn Rising Head Block         |
| <b>3. Junzuki No Tsukkomi (Jodan)</b><br>– Mawatte Jodan Uke         | <b>3. Leaning Lunge Punch (Head)</b><br>– Turn Rising Head Block      |
| <b>4. Kette Junzuki No Tsukkomi (Jodan)</b><br>– Mawatte Jodan Uke   | <b>4. Kick Leaning Lunge Punch (Head)</b><br>– Turn Rising Head Block |
| <b>5. Gyakuzuki (Chudan)</b><br>– Mawatte Gedan Barai                | <b>5. Reverse Punch (Body)</b><br>– Turn Downward Block               |
| <b>6. Kette Gyakuzuki (Chudan)</b><br>– Mawatte Gedan Barai          | <b>6. Kick Reverse Punch (Body)</b><br>– Turn Downward Block          |
| <b>7. Gyakuzuki No Tsukkomi (Kin)</b><br>– Mawatte Gedan Barai       | <b>7. Leaning Reverse Punch (Groin)</b><br>– Turn Downward Block      |
| <b>8. Kette Gyakuzuki No Tsukkomi (Kin)</b><br>– Mawatte Gedan Barai | <b>8. Kick Leaning Reverse Punch (Groin)</b><br>– Turn Downward Block |
| <hr/>  |   |
| <b>1. Shuto Uke</b><br>(Mahanmi Nekoashi Dachi)                      | <b>1. Knife Hand Block</b><br>(Side Cat Stance)                       |
| <b>2. Moroto Uke</b><br>(Mahanmi Nekoashi Dachi)                     | <b>2. Double Forearm Block</b><br>(Side Cat Stance)                   |
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## Kata

1. Pinan Nidan
2. Pinan Shodan
3. Pinan Sandan
4. Pinan Yo(n)dan
5. Pinan Godan
6. Kushanku
7. Naihanchi
8. Chinto
9. Seishan
10. Bassai (Passai)

## Forms

1. Peaceful Mind Two
  2. Peaceful Mind One
  3. Peaceful Mind Three
  4. Peaceful Mind Four
  5. Peaceful Mind Five
  6. (Chinese Diplomat) / Viewing the Sky
  7. Iron Horse
  8. Fighting to the East
  9. 13 Hands
  10. Storm the Fortress
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## **Kata Bunkai** (Pairs)

1. Pinan Nidan
2. Pinan Shodan
3. Pinan Sandan

## **Kata Application** (Pairs)

1. Peaceful Mind Two
  2. Peaceful Mind One
  3. Peaceful Mind Three
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**Jiyu Kumite**  
(*Light Contact with Protective Equipment*)  
(3 X 3 Minutes)

**Goshin Jutsu (X 7)**

**Makiwara**  
(4 X 3 Minutes)

**Sparring**  
(*Light Contact with Protective Equipment*)  
(3 X 3 Minutes)

**Self Defence (X 7)**

**Pad Work**  
(4 X 3 Minutes)

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**Sempai Training**  
*(Teach Beginners to Red 9th Kyu)*

**Teaching Ability**  
*(Teach Beginners to Red 9th Kyu)*

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|--|---|
| 1. <b>Junzuki (Chudan)</b><br>– Mawatte Jodan Uke                    | 1. <b>Lunge Punch (Body)</b><br>– Turn Rising Head Block              |
| 2. <b>Kette Junzuki (Chudan)</b><br>– Mawatte Jodan Uke              | 2. <b>Kick Lunge Punch (Body)</b><br>– Turn Rising Head Block         |
| 3. <b>Junzuki No Tsukkomi (Jodan)</b><br>– Mawatte Jodan Uke         | 3. <b>Leaning Lunge Punch (Head)</b><br>– Turn Rising Head Block      |
| 4. <b>Kette Junzuki No Tsukkomi (Jodan)</b><br>– Mawatte Jodan Uke   | 4. <b>Kick Leaning Lunge Punch (Head)</b><br>– Turn Rising Head Block |
| 5. <b>Gyakuzuki (Chudan)</b><br>– Mawatte Gedan Barai                | 5. <b>Reverse Punch (Body)</b><br>– Turn Downward Block               |
| 6. <b>Kette Gyakuzuki (Chudan)</b><br>– Mawatte Gedan Barai          | 6. <b>Kick Reverse Punch (Body)</b><br>– Turn Downward Block          |
| 7. <b>Gyakuzuki No Tsukkomi (Kin)</b><br>– Mawatte Gedan Barai       | 7. <b>Leaning Reverse Punch (Groin)</b><br>– Turn Downward Block      |
| 8. <b>Kette Gyakuzuki No Tsukkomi (Kin)</b><br>– Mawatte Gedan Barai | 8. <b>Kick Leaning Reverse Punch (Groin)</b><br>– Turn Downward Block |
| 9. <b>Kihon Waza</b>   | 9. <b>Basic Technique</b>   |
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