



2nd to 1st KYU BROWN

THEORY

Summarize the history of karate and what karate means to you/ Kumite judge sign during the match.

KIHON

MIXED FORWARDS AND BACKWARDS

KAMAE

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| 1 | KOKOTSU DACHI/MANJI UKE + (slide front leg) ZD/GYAKU ZUKI+ (slide front leg) KD/GEDAN BARAI + (slide front leg) ZD/GYAKU TATE EMPI + MAE EMPI |
| 2 | FUDO DACHI/GEDAN BARAI + (hips rotation same place) ZD/GYAKU ZUKI + (hips rotation same place) FUDO DACHI GEDAN BARAI + (hips rotation same position)ZD/GYAKU ZUKI + (same position) TATE ZUKI |
| 3 | (FW) OI TSUKI +GYAKU TSUKI,(BW) AGE UKE + GYAKU TSUKI + (FW) OI TSUKI |
| 4 | MAE GERI+NIDAN TSUKI, YOKO GERI+KIZAMI TSUKI GYAKU TSUKI ,ZENKUTSU DACHI/ OI TSUKI + (Bw) KIBA DACHI/GEDAN BARAI + (Fw) FUDO DACHI/ TATE EMPI + (slide front leg) KOKOTSU DACHI/USHIRO EMPI |
| 5 | (FW) SAMBON TSUKI+ (BW) GEDAN BARAI + (FW) MAE GERI + NIDAN TSUKI |
| 6 | (Fw) ZENKUTSU DACHI/ KIZAMI TSUKI +(Bw) ZENKUTSU DACHI/ AGE UKE + (Fw) MAE GERI + OI TSUKI |
| 7 | (Fw) ZD/ SAMBON TSUKI + GYAKU MAE EMPI +(Fw) ZD/ OI NUKITE +(Bw) ZD/ GEDAN BARAI |
| 8 | ZD/ KAKIWAKE UKE +(Back Leg) MAE GERI (Land back) + KOKUTSU DACHI/ UCHI UKE + (slide front leg) ZD/ GYAKU TSUKI |
| 9 | (Same leg) MAE GERI + YOKO GERI + MAWASHI GERI + (Land forward rotation to front) USHIRO GERI (Land forward) + ZD/GEDAN BARAI + GYAKU ZUKI (then back to kamae) |
| 10 | MAWASHI GERI (Land forward) + GEDAN BARAI+ JODAN GYAKU TSUKI. |
| 11 | MAE GERI (land forward) + ZD/NIDAN ZUKI |

KATA

BASSAI DAI, KANKU DAI, JION or EMPI

KUMITE

JYU IPPON KUMITE

JODAN/CHUDAN/MAE GERI/YOKO GERI KEKOMI/MAWASHI GERI

SHIAI KUMITE

BE ABLE TO APLLY ALL THE KNOWLEDGE ACQUIRED