

Ni kyu Requirements- 2nd Brown Belt

Physical Fitness

30 push-ups

25 leg raises

50 sit-ups

10 squat thrusts

80 jumping jacks

jump rope (2 min.)

Kihon

Walking Drill #5

Student must also demonstrate:

Ushiro Uraken (backfist)

Ushiro Mawashi-geri (hook kick)

Kime waza (focus technique, pen exercise) with gyaku zuki

Kata- Heian Shodan – Godan, Tekki Shodan, Bassai Dai & Enpi

Kumite Jiyu Ippon

Jiyu Ippon Kumite (1 jodan, 1 chudan, 1 mae geri, 1 yoko kekomi, 1 mawashi geri)

Questions- Instructor's choice of 5 to 10 questions covered regularly in class.

Karateka should also be familiar with Japanese commands used in class, including opening and closing of practice.

Student must be able to perform these techniques with NO assistance.