



2nd KYU EXAMINATION SYLLABUS

EXAMINER: A. DOWLATH SENSEI

A. KIHON

1. Sanbonzuki *Ageuke/Mawashigeri (mae-ashi) /Gyakuzuki (Migi + Hidari)
2. Sotouke/Gyakuzuki / Tettsui (Kibadachi) /Gyakuzuki (Zenkutsudachi) (Migi + Hidari)
3. Maegeri , Sanbonzuki (Jodan/Chudan/Chudan)
4. *Gedanbarai / Chudan-gyakuzuki / jodanzuki
5. Shutouke, Shutouke *Shutouke/Nukite
6. Kizamimaegeri, Maegeri (Chudan, Jodan) / Gyakuzuki
7. Oizuki/Gyakuzuki/Maegeri/Gedanbarai/Gyakuzuki
8. Maegeri , Yokogeri-Kekomi/Gyakuzuki/Gedanbarai
9. Yokogeri-Keage
10. Yokogeri-Kekomi
11. Mawashigeri, Ushirogeri
12. Maegeri , Mawashigeri / gyakuzuki
13. Mawashigeri / yokogeri-kekomi (with the same leg)
14. Kizamizuki (Suriashi) / Gyakuzuki (Suriashi)

B. KATA

1. Tekki-Shodan
2. Bassai-Dai
3. Hein kata: shodan, nidan, sandan, yondan, godan

C. KATA APPLICATION PRESENTATION

Candidate is to study the full bunkai (application) of: Hein Shodan; Hein Nidan; Hein Sandan, Hein Yondan

D. KUMITE

1. Gohan kumite
2. Sanbon kumite
3. Kihon-ippou kumite: jodan, chudan, mae-geri, mawashi-geri, yoko-geri kekomi
4. Jyu-ippou kumite: jodan, chudan, mae-geri, mawashi-geri, yoko-geri kekomi, kizami-zuki, gyaku-zuki
5. Jyu-kumite: freestyle kumite

(,) Step Forward

(*) Step Backwards

(/) Remain at the same place Ushiro-ashi -Back Leg Mae-ashi -Front Leg Migi -Right Side Hidari -Left Side