

UP TO BLUE BELT / 2nd KYU

Plus selected techniques and exercises from previous belts

Ai hanmi katate dori:

Nikkyo
Iriminage – jodan
 chudan
 gedan

Sankyo
Jujinage

Gyaku hanmi katate dori:

Nikkyo
Iriminage - jodan
 chudan
 gedan

Sankyo
Jujinage
Kaiten nage

Shomenuchi:

Kokkyu nage
Nikkyo

Yokomenuchi:

Kokkyu nage
Nikkyo

Morote dori:

Ikkyo

Kata dori:

Ikkyo
Kokkyu ho

Kubi jime:

Ikkyo
Kokkyu nage

Tsuki:

Ikkyo
Shihonage
Kokkyu ho
Iriminage
Kaiten nage

Ryote dori:

Iriminage - jodan
 chudan
 gedan

Nikkyo

Ryotemochi-ryote dori ushiro

Kaiten nage
Nikkyo

Suwari waza Shomenuchi:

Nikkyo

Hanmi handachi Gyaku hanmi:

Ikkyo
Kokkyu nage x 4
Sotokaiten nage

Weapons

Plus selected exercises from previous grades

Bokken

Shomen uchikomi
Renzuko uchikomi
Tsuki uchikomi
Nos 1 – 4 suburi

Jo

12 Kesa movements
4 Tsuki movements