

2. Kyu (pruun vöö)

Kihon: 3 sammu.

1. Ette Zenkutsu Dachi Gedan Barai Kamae.
2. Edasi Sanbon Zuki. Gedan Barai Kamae.
3. Tagasi Mae Geri, Age Uke. Gedan Barai Kamae.
4. Edasi Zenkutsu Dachi Soto Uke, Kiba Dachi Yori Ashi Enpi, Zenkutsu Dachi Uraken Uchi. Kokutsu Dachi Shuto Uke .
5. Tagasi Kokutsu Dachi Shuto Uke, Zenkutsu Dachi Nukite. Gedan Barai Kamae.
6. Edasi Uchi Uke Kizami Zuki. Mawate Gedan Barai Kamae.
7. Edasi Chudan Mae Geri. Mawate Kakiwake Gedan Barai Kamae.
8. Edasi .Sama jalaga ette Mae Geri siis Yoko Geri Kekomi. Kiba Dachi Kamae.
9. Yoko Geri Keage. Tagasi teise poolega. Kiba Dachi.
10. Yoko Geri Kekomi. Tagasi teise poolega. Kiba Dachi.
11. Yoko Geri Keage, jala vahetus Yoko Geri Kekomi. Mawate Zenkutsu Dachi Gedan Barai, Jiyu ni Kamae.
12. Mawashi Geri. Mawate Zenkutsu Dachi Gedan Barai, Jiyu Ni Kamae.
13. Ushiro Geri. Mawate Zenkutsu Dachi Gedan Barai Kamae.
14. Jodan Yoko Shuto Uchi. Gedan Barai Kamae.
15. Tagasi Jodan Uraken Yoko Uchi.

Kumite:

Jiyu Ippon Kumite.

1. Jodan Oizuki / Chudan Oizuki / Mae Geri / Yoko Geri Kekomi / Mawashi Geri/.
2. Kaitse vaba.
3. Jiyu kumite 1 minut.

Kata:

1. Shitei Kata (kohustuslik kata, mille valib eksamineerija Heian 2, 3, 4 ja 5 ning Tekki Shodan).
2. Tokui Kata (vaba kata, mille valib eksamineeritav). Jion, Basai Dai, Kanku Dai, Empi