

Ni-kyu (2.Kyu)

Pruun vöö

Kihon

1. Zenkutsu dachi gedan barai, liikumine ette sanbon zuki.
2. Selg ees, jodan age uke-mae geri(tagumise jalaga).
3. Zenkutsu dachi, chudan soto uke-empi uchi-uraken uchi(kiba dachi).
4. Kokutsu dachi selg ees, chudan shuto uke-nukite(zenkutsu dachi).
5. Zenkutsu dachi kakiwake gedan barai, ren geri (mae geri-yoko geri kekomi, sama jalaga).
6. Kiba dachi näoga eksamineerija poole, ren geri (yoko geri keage-yoko geri kekomi, erinevad jalad).
7. Zenkutsu dachi chudan kamae, ushiro geri mawate.
8. Zenkutsu dachi chudan kamae, mawashi geri-gyaku zuki mawate.
9. Zenkutsu dachi chudan kamae, jodan shuto uchi.
10. Kime waza: Gyaku zuki.

Kumite Jiyu Ippon-kumite:

Rünnak: oi zuki(jodan),oi zuki(chudan), mae geri, yoko geri kekomi, mawash igeri,
Kaitse: vaba.

Jiyu kumite: 2 vastast 2 minutit.

Kata Vaba kata valik: Bassai Dai, Kanku Dai (peab oska ka bunkaid).

Kohustuslik kata(Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan)