2nd Kyu Brown-1xWhite Stripe

Grade	Kihon (Basics)	Kata (Form)	Kumite (Sparring)
2nd Kyu Grading **Brown Belt/White Stripe** Grading for **Brown/2x White Belt** **1st Kyu**	**1) (from Gedan-Bari) Step SANBON-ZUKI** (4 or 6 times) mawatte (turn) Gyaku-zuki ready **2) Rotate 360' GYAKU-ZUKI** (Chudan) (no turn) **3) Step Back SOTO-UKE / ENPI / Uraken** (shifting from Zenkutsu to Kiba-Dachi) Shift to Shuto-Uke in Kokutsu-Dachi **4) Step back SHUTO-UKE / KIZAMI MAE-GERI / NUKITE** (shifting from Kokutsu to Zenkutsu-Dachi) (no turn) Stay in Zenkutsu-Dachi **5) Step forward UCHI-UKE / KIZAMI-ZUKI / GYAKU-ZUKI** mawatte (turn). Shift into Zenkutsu-Dachi Gamae **6) Step forward MAE-GERI** / **MAWASHI-GERI** (Ren-geri - examiners chooses - jodan/chudan) mawatte (turn). Shift into Kiba-Dachi **7) Step forward MAE-GERI** / **YOKO-GERI KEKOMI** (Same Leg) mawatte (turn). Shift into Kiba-Dachi **8) Stepping forward YOKO-GERI KEAGE / change leg YOKO-GERI KEKOMI** **9) Step forward MAWASHI-GERI / GYAKU-ZUKI** mawatte (turn) **10) USHIRO-GERI / GYAKU-ZUKI** mawatte (turn) **11) Step forward YOKO SHUTO-UCHI** (Jodan) mawatte (turn) **12) Step back URAKEN-UCHI** (Jodan) mawatte (turn)	**Bassai-Dai** performed without count Plus any Kata from previous gradings if asked	**Jiyu-Ippon** (Left & Right Sides) 1x Jodan 1x Chudan 1x Mae Geri 1x Yoko Geri 1x Mawashi Geri A variety of counter techniques should be demonstrated Defense must be Uke (block) followed by Counter with no delay (no de-ai/ai-de)

Khion techniques must be delivered with good spirit, proper timing, focus and kime
Kata should be performed without mistake; using good spirit with good correct timing and kime. Kata begins and ends with ettiquette
Students must demonstrate an upgrading of quality in stance, speed and power. Kata should be performed without mistakes and using tempo, continuation and transmission of power.
Kumite should be accurate in offence and demonstrate effective defence and counter attack.
Juniors under 12 years old will progress by Sen grades (junior grade system) which allows more time to achieve the required standard expected for each grade.
To achieve a "double grade" award, students must make no major mistakes during the grading, having also demonstrated good spirit and ettiquette.
Grading examiners will take into account how much effort students demonstrate during normal training sessions.