



Brown Belt 2 Stripe Review (2 Kyu)



2nd Kyu Tuite

#	DESCRIPTION	DEFENDER
1.	Same side elbow with punch, spear hand	Step in, open hand block and grab hand, snake other hand over arm and spear hand to armpit, change body inside, push down on arm twisting hand, throw to floor, press on elbow to keep it bent, wrist lock.
2.	Same side wrist with punch, down on knees	Step in, open hand block and grab hand, slip out hand while rotating 90°, down on knees, elbow strike to stomach, turn 180° and use double wrist lock to force to floor, slide foot under head.
3.	Same side wrist with punch, 360° turn	Step in, open hand block and grab hand, slide out hand and grab wrist while turning inward 360°, pulling down on wrist forcing elbow to bend backwards, step in to force to floor on back, punch to face.
4.	One hand lapel grab, push on neck	Step back, spear hand over upper arm, grab hand on lapel with opposite hand and straighten arm, pull back spear hand to grab hand, grab side of neck and force to floor, double wrist lock, press against upper arm with lower leg.
5.	Choke hold, pull on belt	Grab belt, pull up on it, strike and push on upper chest.



Kama Exercises

# Exercise	Move
1. Open and close	Simultaneous
2. Mid grip vertical punch	Alternating
3. Low, double bone, high	Consecutive
4. Across throat, overhead strike	Alternate
5. Touch shoulder, down slash	Alternate
6. Close across chest, open slash out	Alternate lower arm
7. Simultaneous slashes across chest	Alternate shoulder/armpit
8. Punch, slash down, up, across	Alternate
9. Punch, slash down, up, across, overhead	Alternate
10. Punch, high block, slash down, leg up	Alternate
11. Punch, across chest, overhead, left, right, across	Alternate



Sai Ni Dan

# STEP	STANCE	TECHNIQUE
<i>Yoi</i>	Attention	Down, cross blades, down
1. Left back	Right front	Left side prong grasp and double down block, right side double high block
2. Left forward	Left front	Right side double down block, left side double high block
3. Right forward	Right front	Right overhead strike, recover
4. Left forward	Left front	Left overhead strike, recover
5. Right forward	Right front	Right overhead strike, recover
6. 180° left, left forward	Left front	Left single bone block
7. Right forward	Right front	Right middle punch, right overhead strike, recover
8. Left forward	Left front	Left middle punch, left overhead strike, recover
9. Right forward	Right front	Right middle punch, right overhead strike, recover
10. 225° left, left forward	Left front	Left single bone block
11. Right forward	Right front	Right middle punch
12. Left forward	Left front	Left middle punch
13. Right forward	Right front	Right middle punch
14. 45° left, raise right	Right raised	Open right low block, open left high block
15. 45° left, right back	Left front	Closed left high block (don't chamber)
16. Right forward	Right front	Closed right down block, <i>kia</i>
17.		Open right down block (don't chamber)
18. 180° left, left forward	Left front	Open left down block
19. Left back	Attention	Left side prong grasp and double down block, right side double high block
20. Left back	Right front	Open right side double high block
21. Left forward	Attention	Open right side double down block
22. Left forward	Left front	Open left side double high block
<i>Yame</i> , left back	Attention	Fists down, blades up



Naihanchi San Dan Kata

# STEP	STANCE	TECHNIQUE
<i>Yoi</i>	Attention	Fists down
1. Right side	Naihanchi	Left double bone scissors, right wrist hammer
2.		Right reinforced side double bone block, right reinforced punch, right punch with left on bicep (leave in place), right double bone block
3. Left around right	Left cross	
4. Right side	Naihanchi	Right side knuckle strike, right side double bone block, right side low block, right punch, left side knife hand block, right punch across stomach (leave in place)
5. Right around left	Right cross	
6. Left side	Naihanchi	Right double bone scissors, left wrist hammer, left reinforced side double bone block, left reinforced punch, left punch with right on bicep (leave in place), left double bone block
7. Right around left	Right cross	
8. Left side	Naihanchi	Left side knuckle strike, left side double bone block, left side low block, left punch, right side knife hand block, left punch across stomach (leave in place)
9. Left around right	Left cross	
10. Right side	Naihanchi	Left double bone block, left low and right double bone block, right reinforced back fist, <i>kia</i>
<i>Yame</i> , right side	Attention	Left palm up in front of right palm, down to fists