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**BROWN / WHITE BELT**      **Nikyu**

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**2<sup>nd</sup>**  
**Kyu**

## **KIHON**

### **Zenkutsu dachi, gedan barai**

- Mae geri, jun zuki
- Mawashi geri, gyaku zuki
- Gyaku zuki, mae geri jun zuki, gedan barai

### **Zenkutsu dachi, gamae**

- Mae geri, mawashi geri
- Kizami yoko kekomi, ushiro geri

### **Kiba dachi**

- Yoko geri keage
- Yoko geri kekomi

## **KATA**

- Heian 1- 5
- Tekki Shodan
- Bassai Dai

## **KUMITE**

### **Jiyu Ippon Kumite (one step)**

- 2 Jodan
- 2 Chudan
- 2 Mae geri
- 1 Yoko geri kekomi
- 1 Mawashi geri