

uekf Syllabus 2nd kyu

Kata

Saifa
Juroku
Plus one from previous grading

Kihon combinations

Kaishi Kamae
Oizuki chudan
Gyakuzuki chudan
Maeken zuki
Switch maeken zuki
Kette oizuki
Surikomi maegeri gyakuzuki
Step back block jodan kaishi uchi gyakuzuki
Push forward block gedan osae uke gyakuzuki
Fake nukite gyakuzuki
Ashi gyakuzuki

Blocks

In zenkutsudachi
Gedan harai uke gyakuzuki shuto in nekoashi

Kicks

Yokogeri ushirogeri ura uchi
Mawashigeri, uramawashigeri gyakuzuki

Pairs

Ohyo bunkai
Hokei Kumite 54321
Ohyo kumite 4,5

Kumite

菩提心会

