



Adelaide Academy of Combat & Defence

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Shotokan Karate-Do 2nd Kyu (Brown/white tag Belt)

1) Heian Shodan

2) Bassai Dai

KIHON

Tsuki (strikes) (come back to Kamae after each technique)

3) Move F 5x Gyaku-tsuki, OiTsuki Chudan, Gyaku-tsuki, Gedan-berai.

4) Move F 5x Gyaku-tsuki, Oi-tsuki Jodan, Gyaku-tsuki, Gedan-berai.

5) Move F 5x Gyaku-tsuki, Sambon-tsuki, Gedan-berai.

6) Four Directional Gyaku-tsuki, L/R.

Uke (blocks)

7) Move F/B 5x Gedan-berai, Uraken, Gyaku-tsuki, Gedan-berai.

8) Move F/B 5x Age-uke, Uraken, Gyaku-tsuki, Gedan-berai.

9) Move F/B 5x Soto-udi-uke, Empi, Yoko-geri, Gyaku-tsuki, Gedan-berai.

10) Move F/B 5x Uchi-udi-uke, Uchi-udi-uke, Kizama-tsuki, Gyaku-tsuki, Gedan-berai.

11) Move F/B 5x Shuto-uke, Mae-geri, Nukite, Shuto-uke.

Geri (kicks) (Perform Gedan-berai, Gyaku-tsuki, after each combination.)

12) Move F 5x Front leg Mae-geri Chudan, Back leg Mae-geri Jodan.

13) Move F 5x Front leg Mae-geri Jodan, Back leg Mae-geri Chudan.

14) Move F 5x Front leg Mae-geri, Back leg Mawashi-geri.

15) Move F 5x Yoko-geri Keage, Yoko-geri Kekomi. (same leg in front stance)

16) Move F 2x Mae-geri, Yoko-geri, Mawashi-geri, Ushiro-geri.

17) 2x L/R, Mae-geri, Yoko-geri, Mawashi-geri, Ushiro-geri, same leg.

KATA

18) Kata of choice. Not Heian Shodan or Bassai-dai.

19) Bunkai of Heian Godan.

KUMITE

Ippon Kumite (L/R stances, recommend at least two takedowns)

20) 3x Jodan attack.

3x Chudan attack.

3x Mae-geri attack.

3x Mawashi-geri attack.

3x Yoko-geri attack.

3x Ushiro-geri attack.

Jyu ippon Kumite (Left and right stances)

21) 3x Jodan attack.

3x Yoko-geri attack.

3x Chudan attack.

3x Mawashi-geri attack.

3x Mae-geri attack.

KATA

22) Bassai-Dai

Pass (29) Good (40) Exe (53)