



2nd Kyu

All tai sabaki, ukemi, and attacks from previous ranks

Suwari waza **(seated techniques) ★**

Ikkyo through Yonkyo

- Shomen uchi

Hanmi handachi **(nage seated / uke standing) ★**

Kote gaeshi

- Mune tsuki
- Shomen uchi
- Yokomen uchi

Shiho nage

- Katate dori
- Ryote dori

Tachi waza

Ikkyo through Yonkyo

- Shomen uchi
- Yokomen uchi ★

Gokyo ★

- Yokomen uchi

Rokyo ★

- Shomen uchi

Kote gaeshi

- Gyakute dori
- Mune tsuki
- Shomen uchi
- Yokomen uchi

Irimi nage

- Katate dori, low / middle / high
- Mune tsuki

- Shomen uchi

- Yokomen uchi ★

Shiho nage

- Katate dori
- Ryote dori
- Mune tsuki ★
- Shomen uchi
- Yokomen uchi
- demonstrate 4 directions ★

Kaiten nage, soto & uchi mawari ★

- Katate dori
- Mune tsuki
- Shomen uchi

Tenshi nage

- Ryote dori

Koshi nage, head & hip-under

- Katate dori
- Morote dori ★
- Ryote dori
- Mune tsuki
- Shomen uchi ★
- Kubi shime ★

Morote dori ★

- any techniques, low-to-high / high-to-low

Ushiro

- Ushiro ryote dori, 4 techniques ★
- Ushiro ryokata dori, 3 techniques ★
- Kubi shime, 2 techniques





Buki waza

Bokken

- All solo bokken practices from previous ranks
- Tachi dori, 4 techniques ★
- Kumi tachi, all 5 ★

Jo

- All solo jo practices from previous ranks
- Jo dori, 4 techniques ★
- Kumi jo, 1-5 ★

Ken tai jo, 1-5 ★

Tanto dori ★

- Mune tsuki
- Shomen uchi
- Yokomen uchi

Jiyu waza

1 person attack, various techniques

Randori (Freesyle, multiple attackers) ★

2 person attack

Kokyu dosa