



Advanced Purple Belt, 2nd Kyu

All tai sabaki, ukemi, and attacks
from previous ranks

Suwari waza (seated techniques) ★

Ikkyo through Sankyo
- Shomen uchi

Hanmi handachi (nage seated / uke standing) ★

Kote gaeshi
- Mune tsuki
- Shomen uchi

Irimi nage
- Mune tsuki
- Shomen uchi

Shiho nage
- Katate dori
- Ryote dori

Tachi waza

Tae no henko
Morote dori Kokyu ho
Kokyu nage
- Katate dori, 3 ways
- Mune tsuki
- Shomen uchi
- Gyakute dori

Kote gaeshi
- Mune tsuki
- Shomen uchi
- Yokomen uchi

Shiho nage

- Katate dori
- Shomen uchi
- Yokomen uchi

Irimi nage

- Mune tsuki
- Shomen uchi

Ikkyo

- Katate dori
- Ryote dori
- Shomen uchi

Nikyo

- Gyakute dori (ura waza only)
- Katate dori
- Kata dori
- Shomen uchi

Sankyo

- Shomen uchi

Yonkyo ★

- Shomen uchi

Ushiro ryote dori

- Kokyu nage
- Kote gaeshi
- Ikkyo ★
- Nikyo ★





Buki waza

Bokken

- 7 bokken suburi
- Migi no awase (right side)
- Hidari no awase (left side)
- Go no awase (5th) ★
- Shichi no awase (7th) ★
- Tachi dori, 4 techniques ★

Jo

- 31 jo kata
- 20 jo suburi ★
- Jo dori, 4 techniques ★

Jiyu waza

1 person attack, various techniques

Randori (Freesyle, multiple attackers) ★

2 person attack

Kokyu dosa