

2 KYU — Cintura Marrone (dopo 4 mesi)

KIHON

- 1 ← Sanbonzuki — Maegeri = Gyakuzuki
- 2 ← Uchiuke = Uchiuke — Mawashigeri = Uraken = Gyakuzuki
(Gyakuashi)
- 3 ← Ageuke = Gedannagashiuke = Mae Enpi
(Gyakuashi) (Uchi) (Gyakuashi)
- 4 ← Sotouke = Kizamigeri — Oizuki
(Kokutsudachi)
- 5 — Oizuki ← Tateshuto = Mikazukigeri
(Zenkutsudachi)
- 6 — Ushirogeri
- 7 — Maegeri = Yokogeri = Gyakuzuki
(stessa gamba)
- 8 — Maegeri = Mawashigeri = Gyakuzuki
(stessa gamba)
- 9 — Mawashigeri — Mawashigeri = Gyakuzuki
(Chudan) (Jodan)
- 10 = Shi Hò Uchiuke = Gyakuzuki
(Parata interna)

KUMITE

Jiyu Kumite

KATA

Jion

Bassai Dai

Uno degli Heian