

2nd Kyu (Brown Belt)

Demonstrate breakfalls and rolls

Locks, Chokes and Throws

Demonstrate 14 arm locks

Demonstrate 14 chokes

Demonstrate 14 throws with names

Demonstrate 10 leg locks

Demonstrate 10 immobilisation holds

Demonstrate 6 holding down techniques

Demonstrate 7 wrist locks

Demonstrate 4 bone dislocations

Demonstrate 2 arm locks incorporating use of own leg

Demonstrate 3 shoulder locks

Demonstrate 3 spine locks

Defences

Demonstrate 14 defences against punches

Demonstrate 12 knife defences

Demonstrate 5 defences against unarmed attackers (continuous)

Demonstrate 6 defences against attacker with sticks (continuous)

Demonstrate 6 defences against attackers with knives (continuous)

Demonstrate 10 defences against arm locks

Demonstrate 7 defences against grabs

Demonstrate 7 defences against chokes

Demonstrate 3 defences against kicks

Demonstrate 3 defences against leg locks

Demonstrate 3 throws from chokes

Demonstrate 3 throws from punches

Demonstrate 3 bo defences

Demonstrate 3 sword defences

Demonstrate 3 gun defences

Atemi Waza

Demonstrate 15 kyusho attacks

Demonstrate 2 striking points to kill using own natural body weapons

***Hand & Arm Strikes* - Oizuki, Gyakuzuki, Tobikomizuki, Uraken, Haito, Tetsui, Teisho, Zenempi, Koempi, Uriempi, Shutozuki**

***Foot & Leg Strikes* - Kingeri, Maegeri, Mawashigeri, Sokuto, Hizageri, Yokogeri, Ushirogeri**

***Blocks* - Shutouke, Sotouke, Uchiuke, Yammi Shutouke, Jujiuke, Jodanuke, Gedan barai**

Kumite

5 rounds Katamewaza (1 minute rounds)

3 rounds Randori (2 minute rounds)

5 rounds Freestyle/Sport Ju Jitsu (2 minute rounds)

Nagewaza 30 seconds continuous