

2nd Kyu (Brown Belt 2 Black Tag) Grading Requirements



Approved: September 2018

Grading Information:

This grading is done in 4 parts.
Once you have completed a part, you have up to 12 months to do the next part.
Each part should take 35 to 45 minutes to complete.

Part 1

Part one is Kihon – Stationary Basics

Students **MUST** know the terminology for this section.

Every count in this section is worth 1 point.

Pass Score 80%

Part 2

All other Kihon apart from the “Stationary Basics”

Students **MUST** know the terminology for the “**Moving & Combinations**” section.
Terminology is **not required** for “Foot Shifting” “Body Shifting” and “Body Rotation” sections.

Every count in this section is worth 1 point

Pass score: 80%

Part 3

Kata

- All kata from previous gradings is done once in your own time.
- Your new kata will be done once to a count and twice in your own time.
- Each movement or count done correctly scores 1 point
- 1 point off for: Poor stance, poor technique, missing head turns, missing kiai incorrect pace, lack of power, poor balance, poor footwork.
- 5 points off for: Missing a move, wrong move!
- 10 points off for: Restarting
- Automatic Fail: Cannot complete a kata

Pass score: 80%

Part 4

Part four consists of all Kumite components

- All Kumite sections are scored together, so if you are weak in one section you can make it up in another!
- In step fighting, each count or movement is worth 1 point (5 step fighting = 5 movements, 5 points).

Pass score: 312/390 80%

KIHON - Moving & Combinations

Sanchin Dachi	- Stance Only (in preparation for black belt kata)	Forwards and Backwards
Mae Kosa:	- Stance Only	Forwards only
Kamae:	- Mae Keri, Mawashi Keri (same leg)	“ “
	- Ushiro Mawashi Keri	“ “
	- Gyaku Uchi Uke, Kizami Tsuki (same hand), Mae Keri, Gyaku Tsuki	“ “
Kiba Dachi:	- Yoko Keri (Front foot), Yoko Keri (Back Foot)	“ “
Neko Ashi Dachi:	- Teisho Uke	Forwards and Backwards

KIHON – Ashi-Sabaki (foot shifting)

Chikaku Kamae:	- Mawashi Tsuki (front foot forward), Ura Tsuki (back foot forward)
Kiba Dachi:	- Ura Age Empi Uchi (Yoi Dachi / raise body), Choku Tsuki (Kiba Dachi)

KIHON – Tai-Sabaki (body shifting)

Zenkutsu Dachi:	- Shuffling sideways using a Long Mai Koas Dachi as a bridging stance Yoko Empi Uchi
	- Shuffling sideways using a Long Mai Koas Dachi as a bridging stance Uraken Uchi
	- Shuffling sideways using a Long Mai Koas Dachi as a bridging stance Mai Keri (to the side)
	- Shuffling sideways using a Long Mai Koas Dachi as a bridging stance Mawashi Keri (to the side)
Chikaku Kamae:	- Tate Tsuki (front fist) (back leg crosses to finish 45° behind front leg) Zenkutsu Dachi, Gyaku Tsuki (back leg -body finishing facing front again) Bring the back leg in and out when going into the second position (take down action)

KIHON – Tenshin (body rotation)

Chikaku Kamae:	- Mawashi Tsuki
	- Mawashi Empi Uchi
Kiba Dachi:	- Gedan Empi Uchi (Zenkutsu Dachi)
	- Zenkutsu Dachi, Mae Keri (Tenshin) Ushiro Keri (same leg opposite 45)

KIHON – Ashi-Sabaki / Tenshin (foot shifting and rotation)

Purpose: To engage a very close attacker who is grabbing for a throw.

- 1) Movement: **Front Action**
From Chikaku Kamae, move the back foot up to parallel Sanchin Dachi, then execute the following techniques on a 45 degree angle with a body rotation

Techniques: **Mawashi Empi, Tate Tsuki, Teisho Uchi, Suri Shuto Uchi (Sliding knife hand)**
- 2) Movement: **Inside side action**
Move the front foot to the side and parallel to the back foot in a Sanchin Dachi, then execute the following techniques on a 45 degree angle through the attacker with a body rotation

Techniques: **Mawashi Empi, Tate Tsuki, Teisho Uchi, Suri Shuto Uchi (Sliding knife hand)
Horizontal Tetsui Uchi**

KATA (Forms)

Taikyoku: Shodan.

Jo-No.

Heian: Shodan, Nidan, Sandan, Yondan.

Tekki: Shodan, Nidan.

IPPON KUMITE (One Step Fighting)

<u>Attacker</u>	<u>Defender</u>
1) Open Straight Attack	Must be able to identify incoming attack. Complete block actions where appropriate and use of all movement methods.
1) Open Circular Attack	Must be able to identify incoming attack. Complete block actions where appropriate and use of all movement methods.

KAEME IPPON KUMITE (One Step from fighting positions)

<u>Attack</u>	<u>Defend</u>
1) Open Straight Tsuki or Keri	Open
2) Open Circular Tskui or Keri	Open
3) From a stationary start <u>full speed</u> Oi Tsuki Chudan.	SEN NO SEN: Before the attacker has finished, block and counter advancing forward (Ashi-Sabaki).
4) From a stationary start <u>full speed</u> Oi Tsuki Jodan.	SEN NO SEN: Before the attacker has finished, block and counter advancing forward (Ashi-Sabaki)
5) From a stationary start <u>full speed</u> Oi Tsuki Chudan.	SEN NO SEN: Before the attacker has finished, evade with Tai-Sabaki and counter (blocks optional)

KASHI IPPON KUMITE (Attack and Counter Attack One Step)

<u>Movement</u>	<u>Initial Attacker</u>	<u>Initial Defender</u>
1	Mae Keri.	Step back and block. (No Evasion)
2	Block and evade incoming attack Open counter attack.	Counter Attack with Oi Tsuki.

JIYU HAPPO IPPON KUMITE (8 Direction One Step form fighting po sition)

	<u>Attack</u>	<u>Defend</u>
1)	Open attack from 45° front left.	Evade and open counter attack (Alternate Kamae).
2)	Open attack 45° front right.	“ “ “ “ “
3)	Straight attack from 90° left side.	“ “ “ “ “
4)	Straight attack from 90° right side.	“ “ “ “ “

GOHON KUMITE (Five Step Fighting)

Attack for 5 count

Stance, speed, and movement variation with any attac.

Defend for 5 count

Open choice of defence, no counter.
Note: You won't block everything!

KISO KUMITE (Fundamental Kumite)

<u>Movement</u>	<u>Attacker</u>	<u>Defender</u>
1	Oi Tsuki or Kizami Tsuki (open choice of movement)	Open Choice of movement and defence.
2	Mae Keri (open choice of movement)	Open Choice of movement and defence.
3	Hold position.	Counter attack.

JIU JITSU KUMITE (Free Fighting)

1) Swapping sides with use of variation in positioning during action.

2) Speed variation through foot work

3) Scoring Points

- During the grading this will be done in 8 x 30 second round of points Kumite with a maximum 30 second break in-between.
- All opponents must be Brown belt or higher.
- Swapping sides with use of variation in positioning during action scores 1 point (in addition to other scores)
- Speed variation through foot work scores 1 point (in addition to other scores)
- All other normal scoring applies
- If you score all 40 points before the 6th round then you complete this section early

SELF DEFENCE

Choke from front

BREAK FALLS

Forward dive from squat position (No Crash Mat)