

## 2nd Kyu (Nikkyu) Test

## Brown Belt

A 2nd kyu student has learned to focus energy to a precise target while conserving energy, coupled with proper breathing and tensing, and exhibits good balance and powerful snapping action. Has also learned discipline through hard work.

### Key Performance Points:

Control, power, balance, understands when to attack

### Kata

One of the following (tester's choice):

<i>Empi</i>	<i>Tekki Nidan</i>
<i>Jutte</i>	<i>Tekki Sandan</i>
<i>Jion</i>	<i>Hangetsu</i>
<i>Bassai Dai</i>	<i>Kankū Dai</i>
<i>Gankaku</i>	

One of the following (tester's choice):

<i>Heian Shodan</i>	<i>Heian Yondan</i>
<i>Heian Nidan</i>	<i>Heian Godan</i>
<i>Heian Sandan</i>	<i>Tekki Shodan</i>

### Basics

- 4 times moving forward**
  - jōdan oi zuki*  
Step into a lunge punch (front stance), 60% energy
  - gyaku zuki*  
Reverse punch (front stance), 30% energy
  - oi zuki*  
Lunge punch (front stance), 100% energy
- 4 times moving backward**
  - age uke*  
Step back into a rising block (front stance)
  - mae ashi geri*  
Front snap kick with the front foot, land in front stance
  - gyaku zuki*  
Reverse punch (front stance)
- 4 times moving forward**
  - ude uke*  
Step into an outside block (front stance)
  - hiji ate*  
Move the front foot into a horse stance and execute a side elbow strike
  - uraken uchi*  
Backfist strike (horse stance)
  - gyaku zuki*  
Move the front foot into a front stance and execute a reverse punch
- 4 times moving backward**
  - uchi uke*  
Step back into an inside block (front stance)
  - kizami zuki*  
Jab with the blocking arm (front stance)
  - gyaku zuki*  
Reverse punch (front stance)
- 5 times moving forward, then turn around**
  - shutō uke*  
Step into a knife-hand block (back stance)
  - mae ashi geri*  
Front snap kick with the front foot, land in front stance
  - nukite*  
Reverse spear-hand strike (front stance)
- 5 times moving forward, then turn around**
  - mae ashi geri*  
Front snap kick with the front foot, land in front stance
  - jōdan mae geri*  
Front snap kick with the back foot to the head, land in front stance
- 5 times moving forward, then turn around**

- a. *mae ashi mawashi geri*  
Roundhouse kick with the front foot, land in front stance
- b. *mawashi geri*  
Roundhouse kick with the back foot, land in front stance
- 8. **3 times moving sideways, then turn around, then repeat**
  - a. *yoko geri keage*  
Side snap kick, land in horse stance
- 9. **3 times moving sideways, then turn around, then repeat**
  - a. *yoko geri kekomi*  
Side thrust kick, land in horse stance
- 10. **3 times moving sideways, then turn around, then repeat**
  - a. *yoko geri keage, yoko geri kekomi*  
Side snap kick, land in horse stance, side thrust kick, land in horse stance
- 11. **5 times moving forward, then turn around**
  - a. *mae ashi yoko geri keage*  
Side snap kick with the front foot to the stomach
  - b. *yoko geri kekomi*  
Side thrust kick with the back foot to the stomach, land in front stance
- 12. **5 times moving forward, then turn around**
  - a. *mae ashi mawashi geri*  
Roundhouse kick with the front foot to the stomach, do not touch down
  - b. *mae ashi yoko geri kekomi*  
Side thrust kick with the same foot to the stomach, land in front stance
  - c. *oi zuki*  
Step into a lunge punch (front stance)
- 13. **4 times in place, twice per side**
  - a. *mae geri*  
Front snap kick, do not touch down
  - b. *yoko geri keage*  
Side snap kick, do not touch down
  - c. *yoko geri kekomi*  
Side thrust kick, touch down
- 14. **15 times in place per side, in 2 dimensions**
  - a. *gyaku zuki*  
Reverse punch from a stationary position to a target that varies vertically and horizontally (front stance)

## Kumite

- 1. **sambon kumite**  
Three-step sparring (front stance)
  - a. *jōdan oi zuki / age uke*  
Alternate attacking with a lunge punch to the head and receiving with a rising block
  - b. *oi zuki / ude uke*  
Alternate attacking with a lunge punch and receiving with an outside block
  - c. *mae geri / gedan barai*  
Alternate attacking with a front snap kick and receiving with a downward block
- 2. **ippon kumite**  
One-step sparring (front stance)
  - a. *jōdan oi zuki / age uke*  
Alternate attacking with a lunge punch to the head and receiving with a rising block
  - b. *oi zuki / ude uke*  
Alternate attacking with a lunge punch and receiving with an outside block
  - c. *mae geri / gedan barai*  
Alternate attacking with a front snap kick and receiving with a downward block
- 3. **jiyū ippon kumite**  
One-step (semi) free sparring (fighting position)
  - a. *oi zuki*  
Attack with and defend against a stepping lunge punch
  - b. *mae geri*  
Attack with and defend against a stepping front snap kick
  - c. *mawashi geri*  
Attack with and defend against a stepping roundhouse kick
  - d. *yoko geri kekomi*  
Attack with and defend against a stepping side thrust kick
  - e. *ushiro geri*  
Attack with and defend against a stepping reverse kick