

BROWN BELT LEVEL 2 (2ND KYU)

1. JUMP SPIN BACK KICK
2. JUMP SPIN HOOK KICK
3. FULL STEP JUMP SPIN BACK KICK
4. JUMP SPIN ROUND KICK
5. JUMP SPIN OUTER CRESCENT KICK
6. FORWARD ARMBAR
7. REVERSE ARMBAR
8. ANKLE LOCKS
9. WEAPONS SELF DEFENSE
10. JUMP SPIN 360 DEGREES AND LAND IN BACK STANCE
11. FLYING SIDE KICK INTO SPINNING BACK KICK

KATA:

H FORM 1
PINAN 2
H FORM 3
H FORM 4
SEISAN