



2ND KYU BROWN BELT REQUIREMENTS SHORINJI RYU KARATE –DO



TOTAL ATTENDANCE MINIMUM: 5 MONTHS & 40 CLASSES

To be eligible to take the final exam for this belt level you must learn and practice the skills listed below and pass a four stripe test. Remember that these are the minimum requirements for this level. They alone cannot determine skills or worthiness of a rank. Requirements also include all lower belt requirements with improved ability. Be sure to attend your class regularly and to use this sheet as a checklist to ensure progress.

Check the Calendar of Events for dates and times of stripe testing.

STRIPE # 1: *KIHON & WAZA*

**** MANDATORY ATTENDANCE: 8 CLASSES ****

KIHON :

- Leaning Stance—Niho Dachi
- Scooping Block—Sukui Uke
- Hooking Wrist Block—Tekubi Kake Uke
- Scissors Punch—Hasami Zuki
- Large U Punch—Yama Zuki (*Youth Only*)
- Tigermouth Strike—Koko Uchi
- Back Leg Front Kick (In Place)—Ushiro Ashi Mae Geri
- Back Leg Roundhouse Kick (In Place)—Ushiro Ashi Mawashi Geri
- Back Leg Side Kick (In Place)—Ushiro Ashi Yoko Geri
- Back Leg Hook Kick (In Place)—Ushiro Ashi Kagi Geri
- Spinning Back Kick—Gyaku Ushiro Geri

WAZA:

- #1—Lower Sweep Block, Reverse Punch
- #2—Upper Rising Block, Reverse Punch
- #3—Middle Outside Block, Reverse Punch
- #4—Middle Inside Block, Reverse Punch
- #5—Knifehand Block, Reverse Punch, Knifehand Block
- #6—Front Snap Kick, Lunge Punch
- #7—Roundhouse Kick
- #8—Side Snap Kick, Backfist Strike
- #9—Spinning Back Kick

STRIPE #2: *KATA & KOBUDO*

**** MANDATORY ATTENDANCE: 8 CLASSES ****

YOUTH & ADULTS:

- Taikyoku Shodan, Nidan & Sandan
- Pinan Shodan, Nidan, Sandan, Yondan & Godan
- Naihanchi Shodan
- Patsai Dai
- Wansu, Wankuan, Itosu Lohai Shodan, Seisan (*Adults Only*)
- Naihanchi Nidan (*Adults Only*)

KOBUDO (ADULTS ONLY):

- Tenryu No Kon—*Prerequisite*
- Matsu Higa No Tonfa
- Matsu Higa No Kon

SEE OTHER SIDE FOR INFORMATION ON STRIPE #3 & STRIPE #4





2ND KYU BROWN BELT REQUIREMENTS

SHORINJI RYU KARATE –DO



TOTAL ATTENDANCE MINIMUM: 4 MONTHS & 32 CLASSES

To be eligible to take the final exam for this belt level you must learn and practice the skills listed below and pass a four stripe test. Remember that these are the minimum requirements for this level. They alone cannot determine skills or worthiness of a rank. Requirements also include all lower belt requirements with improved ability. Be sure to attend your class regularly and to use this sheet as a checklist to ensure progress.

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STRIPE #3: KUMITE

**** MANDATORY ATTENDANCE: 8 CLASSES ****

- **Ippon Kumite #1-10**—Left & Right Foot Back
 - * #6—*Elbow Block, Side Elbow Strike, Outside Foot Sweep, Dropping Punch*
 - * #7—*Palmheel Block, Side Kick, Close Punch, Roundhouse Punch, Hook Foot Sweep, Punch*
 - * #8—*Forearm Block, Front Elbow Strike, Inside Foot Sweep, Side Stomp Kick*
 - * #9—*Forearm Sweeping Block, Rising Elbow Strike, Knee Strike, Dropping Elbow Strike*
 - * #10—*Hooking Wrist Block, Ridgehand Strike, Tigermouth Strike, Step Behind & Takedown, One Knuckle Punch*
- **AC (Angle Counter)** — Left & Right Rear Angles
 - * Using Hand & Foot Combinations
- **Jiyu Kumite**
 - * Using SA, ABC, BC, RS, ABT, SS, IDA & AC
 - * Tori vs. Uke: *Offense vs. Defense Drill*
 - * Te vs. Ashi: *Hands vs. Feet Drill*

STRIPE #4: SELF-DEFENSE & BREAKFALLS

**** MANDATORY ATTENDANCE: 8 CLASSES ****

Ground Self-Defense:

- **Getting Up & Down From the Ground**
- **Side Guard**—Turning, Switching, Side Kick
- **Back Guard**—Turning, Reverse Side Kick
- **Apply Scissors Kick & Sweep**
- **Escape Single & Double Leg Grabs**
- **Full Mount Drill**
 - * *Transition to Full Mount While Partner is in Side Guard*
 - * *Top Position: Apply Lying Arm Bar*
 - * *Bottom Position: Apply Mount Throw & Get Up*

BREAKFALLS (Level #4—Over a Bump):

- Back Breakfall, Side Breakfall, Front Breakfall & Forward Roll

Spontaneous Self-Defense:

- **Against Grabs & Strikes** —With Multiple Partners
 - * *Using Strikes, Controls, Sweeps, Takedowns, Throws & Chokes*

**NEXT STEP: SATURDAY BELT EXAM (CHECK CALENDAR OF EVENTS FOR DATE & TIME)
BE SURE TO COMPLETE INTENT TO PROMOTE SHEET AND TURN IT IN BEFORE EXAMINATION DAY.**

**WRITTEN EXAM GIVEN ON EXAM DAY—SEARCH FOR TRADITIONALKARATEDOJO
ON QUIZLET.COM TO STUDY**

**FULL FORMAL UNIFORM (GI JACKET, PANTS & RANK BELT) MUST BE WORN FOR ALL
SATURDAY BELT EXAMS. STUDENTS NOT IN FULL UNIFORM WILL NOT BE ALLOWED TO TEST.**