

**SHINRI**  
KARATE SCHOOLS



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## **BROWN BELT 2nd KYU GOING FOR – 1st KYU BROWN BELT 2 RED STRIPES**

(Turn with combination)

**Mae Geri /Sanbon Zuki -Zenkutsu Dachi-Forward turn the same back**

**Uraken /Gyaku Zuki/ Gedan Barai- Zenkutsu Dachi**

**Age Uke /Mae Geri /Gyaku Zuki /Gedan Barai -Zenkutsu Dachi**

**Soto Uke /Yoko Empi/Gyaku Zuki /Gedan Barai -Zenkutsu Dachi/Kiba Dachi/Zenkutsu Dachi**

**Uchi Uke/Kizami Zuki /Gyaku Zuki /Gedan Barai -Kokutsu Dachi /Zenkutsu Dachi**

**Shuto Uke/Mae Kizami Geri/ Nukite/Gedan Barai -Kokutsu Dachi/Zenkutsu Dachi**

**Yoko Geri Keage/Gyaku Zuki/Gedan Barai -Kiba Dachi /Zenkutsu Dachi /Kiba Dachi**

(Turn gedan barai gyaku zuki)

**Mawashi Geri /Gyaku Zuki- Zenkutsu Dachi**

**Kekomi /Gyaku Zuki- Zenkutsu Dachi**

**Mae Geri/ Gyaku Zuki- Zenkutsu Dachi**

**Mae Geri /Ushiro Geri- Zenkutsu Dachi**

## **Kumite**

**Jiyu Ippon kumite**

**Set 2 - Full Grade both sides no count – Hidari (left) & Migi (right) Intermediate grades Hidari only  
Plus any previous Kumite**

## **Kata**

**Tokui Kata**

**choose from Ji'in, Jion or Jitte  
Plus any previous Kata**