

**SHINRI**  
KARATE SCHOOLS



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## BROWN BELT GOING FOR – 2nd KYU BROWN BELT 2 WHITE 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 -Zenkutsu Dachi

Soto Uke / Yoko Empi / Gyaku Zuki - Zenkutsu Dachi / Kiba Dachi / Zenkutsu Dachi

Uchi Uke /Kizami Zuki (full draw back)/Gyaku Zuki - Kokutsu Dachi/ Zenkutsu Dachi

Shuto Uke /Mae Kizami Geri/Nukite -Kokutsu Dachi /Zenkutsu Dachi

Yoko Geri Keage/ Gyaku Zuki /Gedan Barai -Kiba Dachi /Zenkutsu Dachi /Kiba Dachi-Forward  
turn the same back.

(Turn gedan barai gyaku zuki) -

Mawashi Geri /Gyaku Zuki- Zenkutsu Dachi

Kekomi /Gyaku Zuki- Zenkutsu Dachi

Mae Geri/ Gyaku Zuki- Zenkutsu Dachi

### Kumite

Jiyu Ippon kumite

Set 1 - Full Grade both sides no count – Hidari (left) & Migi (right) Intermediate grades Hidari only

Kaeshi Ippon kumite

Jodan / Chudan / Mae Geri - 2nd attack examiners choice

Plus any previous Kumite

### Kata

Bassai Dai Intermediate Grades – to count. Full Grades - fast no count

Plus any previous Kata