

## 2 Kyu

Morote dori

- Kokyu ho, former 1 – 4

Hanmi handachi waza

- Katate dori – shiho nage- omote waza
- Ryote dori – shiho nage- omote waza
- Katate dori – kaiten nage- uchi mawari

Suwari waza – shomen uchi

- Sankyo- omote og ura waza
- Yonkyo- omote og ura waza

Yokomen uchi

- Sankyo- omote og ura waza
- Yonkyo- omote og ura waza

Jiyu waza

Osae– og nagewaza

### **Bukiwaza**

Ken

- Suburi 1–7
- Shiho giri
- Migi awase
- Hidari awase
- Go no awase
- Shichi no awase

Jo

- Suburi 1–20
- 31 jo kata (sanjuichi no jo)