

Brown Belt 2nd Degree Nikyu (2nd Kyu)

I. Oku No Kata

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| 1. Katate Tomoe: | One arm circle throw |
| 2. Shigarami: | Break arm over shoulder and take down |
| 3. Gyaku Shigarami: | Hold opponent in hammerlock with one leg |
| 4. Kote Shigarami: | Hold opponent down with one foot or knee |
| 5. Koguruma: | Counter to Mizukuguri |
| 6. Tora Nage: | Tiger throw and kick to spine |
| 7. Tora Katsugi: | Back to back choke with belt |
| 8. Arashi Otoshi: | Storm Drop |
| 9. Hiki Otoshi: | Rear throw into fist in knee lock |
| 10. Kinu Katsugi: | Side circle shoulder throw |
| 11. Kin Katsugi: | Side circle throw on knee |
| 12. Kazaguruma: | Wind Wheel, Boston Crab |
| 13. Jigoku Otoshi: | Hell Drop, Airplane Spin |

II. Tanju No Maki

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| 1. Learn how to safely give up money- | |
| 2. Gan Hazushi: | Defense from gun held to face |
| 3. Mune Hazushi: | Defense from gun held to chest |
| 4. Hibara Hazushi A,B,C,D: | Defenses from gun held to side |
| 5. Ushiro Men Hazushi: | Defense from gun to back of head |
| 6. Ushiro Do Hazushi: | Defense from gun held to lower back |

III. Nage No Kata- exposed to, but optional for Test

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| 1. Hane Goshi: | Bent knee hip throw |
| 2. Uki Otoshi: | Floating drop throw |
| 3. Kani Sute: | Flying scissors |
| 4. Tomoe Nage | Stomach throw |

IV. Review

Yawara, Nage or Short Nage and Adv. Yawara, Shime, Oku, KDM, Goshin Waza,

V. Randori

1. Yawara
2. Nage no Kata
3. Goshin Waza
4. Shime no Kata
5. Defend against stick, knife and gun

VI. Teaching- Help teach class, supervise drills and randori, attend a teaching seminar

VII. Reikishi

- Submit an up to date notebook
- Become CPR Certified