

FSK Rank Requirements

2nd Kyu (Brown Belt II)

KIYON WAZA (Basic Techniques)

Show the following stances:

Musubi dachi	Heisoku dachi	Kosa dachi	Kumite Kamae	Gyaku Hanmi Zenkutsu
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Te Waza (Hand Techniques)

- Punch in place from kiba dachi (x40)
- Punching drill - kiba dachi (double punch) > zenkutsu (single punch) > kiba dachi (double punch)
- Gyaku zuki in place (x10, then switch legs)

Waza (Technique)	Dachi (Stance)	Direction of movement
Sanbon Oizuki (Triple punch)	Zenkutsu	Forward & Backward
Shuto Uke, Mae Geri, Nukite	Kokutsu > Zenkutsu	Forward
Uchi Uke, Enpi Uchi, Gyaku zuki	Zenkutsu > Kibadachi, Zenk	Forward & Backward
Kizami Zuki (freestyle)	Kumite Kamae	Forward
Gyaku Zuki (freestyle)	Kumite Kamae	Forward
Yori Ashi Oizuki (freestyle)	Kumite Kamae	Forward
Sugi Ashi Gyaku Zuki (freestyle)	Kumite Kamae	Forward

Keri Waza (Kicking Techniques)

Waza (Technique)	Dachi (Stance)	Direction of movement
Mae geri Chudan, Mae geri Jodan (same leg)	Zenkutsu	Forward
Mae geri, Yoko geri kekomi (same leg)	Zenkutsu	Forward
Mawashi geri, Ushiro geri (same leg)	Zenkutsu	Forward
Yoko geri kekomi, Ushiro geri (same leg)	Zenkutsu	Forward
Mae geri + Gyaku Zuki	Zenkutsu	Forward

KATA (Forms)

Bassai Dai	Bunkai for 3 kata sequences for any Heian kata 1-5 or Tekki Shodan, Bassai Dai, or Jion
Jion	

KUMITE:

3 Step Semi-Free Sparring (3 attacks: Jodan Zuki, Chudan Zuki, Chudan Mae Geri)
Jiyu Kumite (free sparring)
Basic Kakie drill

ADDITIONAL

UKEMI (Rolling & Falling)

Standing Forward Roll + Standing Back Roll consecutively
Side fall from hip throw, Side fall from wrist throw

Self-Defense

Nikkyo + knee kick
Arm wrap + strikes
Kick catch & throw (manji uke)
Front choke defense

Demonstrate the following:

- 20 pushups - 10 regular width, 10 wide width
- 50 squats
- 20 lunges
- 10 Burpees + star jump
- 1 minute planche
- Side Split
- Front Split
- Front Stretch, feet together, seated (toe touch)