

# 2nd Kyu

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*Brown Belt 2<sup>nd</sup> Tab*

## Kata

- Pinon 4
- Gekusai Sho

## Training Aids

- Makiwara Board
- Wing Chun Dummy
- Heavy Bag

## Conditioning

- Shins
- Arms
- Sciatic Nerve
- Stomach
- Hands

## Take Downs

- One Hand Pull Down to Concussion
- Hand to Leg Ouchi
- Kane Suite

## Sweeps

- Back Spinning Ground Ashi Barai (Broom)
- Ouchi
- Kouchi



*The nature and purpose of the Martial Way is universal. All selfish desires should be roasted in the tempering fires of hard training.*

*- Sosai Masutatsu Oyama (Founder of Kyokushin-kai Karate)*