

Shawn Danaher's  
CAMARILLO SHOTOKAN KARATE-DO



**2<sup>ND</sup> Kyu – Brown Belt Requirements**

*(Test with Japanese Terminology)*

**KIHON (Basics)**

**Hand Techniques** – Moving forward & backward

*Step back w/ right leg, GEDAN BARAI (Resetting back to kamae after each set)*

**5 sets NO count from kamae:**

- A) Shift in KIZAMI JODAN, Step in URAKEN JODAN, GYAKU-ZUKI CHUDAN
- B) Step back JODAN NAGASHI UKE, GYAKU-ZUKI CHUDAN
- C) Step forward UCHI UKE, KIZAMI JODAN, GYAKU-ZUKI CHUDAN
- D) Step back SOTO UKE (UDE UKE), EMPI UCHI, URAKEN JODAN, GYAKU-ZUKI CHUDAN
- E) Step forward SHUTO UKE (KOKUTSU), KIZAMI MAE GERI, NUKITE CHUDAN (ZENKUTSU)
- F) Step backward GEDAN KAKE UKE, GYAKU-ZUKI CHUDAN

**Kicking Techniques**

*Step back w/ right leg, GEDAN BARAI into Zenkutsu Dachi*

**3 sets NO count from kamae:**

- A) KIZAMI MAE GERI KEAGE GEDAN, MAE GERI KEKOMI CHUDAN, MAE GERI KEAGE JODAN
- B) MAE GERI KEAGE CHUDAN, MAE GERI KEKOMI JODAN, GYAKU-ZUKI CHUDAN
- C) MAE NIDAN TOBI GERI, KIZAMI JODAN, GYAKU-ZUKI CHUDAN
- D) MAE GERI KEAGE CHUDAN, MAWASHI GERI JODAN, GYAKU-ZUKI CHUDAN
- E) YOKO GERI KEAGE CHUDAN, YOKO GERI KEKOMI CHUDAN, GYAKU-ZUKI CHUDAN
- F) MIKAZUKI GERI CHUDAN, USHIRO GERI CHUDAN, URAKEN JODAN, GYAKU-ZUKI CHUDAN

**Controlled Punching** – move around free style – using kizami, oi-zuki, gyaku-zuki, uraken

*\*demonstrating proper distance, hip action and variety of technique*

**Controlled Kicking** – free style – using geri: mae, yoko, mawashi, ushiro, (may use kizami geri)

*\*demonstrating proper distance, chambering, and variety*

**KATA (Forms)**

- A) **Heian Shodan to Godan** (at Random with Bunkai)
- B) **Tekki Shodan** (Review with Bunkai), **Tekki Nidan** “Iron Horse #2”
- C) **Advanced Kata** (Choice)

**KUMITE (Sparring)**

**Jyu Ippon Kumite – RIGHT then LEFT side attack**

- A) OI-ZUKI JODAN
- B) OI-ZUKI CHUDAN
- C) MAE GERI CHUDAN
- D) YOKO GERI CHUDAN
- E) MAWASHI GERI CHUDAN OR JODAN
- F) USHIRO GERI CHUDAN