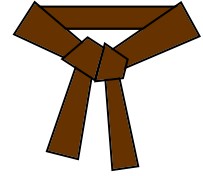


# 2<sup>nd</sup> Kyu (Ni Kyu)

## Basic Techniques

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NAME: \_\_\_\_\_

DATE OF PREVIOUS RANK: \_\_\_\_\_

### BASIC TECHNIQUES

- NUKITE UCHI (finger strike)
- JOGE UKE (double block)
- SHOMEN HIJI ATE (front elbow strike)
- YOKO HIJI ATE (side elbow strike)
- USHIRO HIJI ATE (back elbow strike)
- KENSETSU WAZA (joint locking techniques)
- UKEMI WAZA (breakfall techniques)

### KATA & KATA BUNKAI

- SEIYUNCHIN KATA
- SEIYUNCHIN KATA BUNKAI (1,2,3,4,5)
- SEISAN KATA
- SEISAN KATA BUNKAI (1,2,3,4,5)
- SANCHIN KATA

### MISCELLANEOUS

- TIME IN RANK
- ATTENDANCE
- DOJO ETIQUETTE
- FUNDAMENTAL THEMES OF GOJU RYU (strategy and tactics)

APPROVED: \_\_\_\_\_  
(HEAD INSTRUCTOR)

\_\_\_\_\_  
(DATE)