

# SKDA Traditional Karate

## Level 2nd Kyu - Brown Belt with White Stripe

### Grading Material

This is the 2<sup>nd</sup> level of the SKDA grading syllabus material for schools and clubs, each level is tested and awarded according to the knowledge and understanding of the student.

### Syllabus Required:

Kneeling Position – Seiza

Yoi – Ready Position

Lower Block - Gedan Barai - Gyaku Tsuki

Upper Block - Age Uke - Gyaku Tsuki

Outside Block - Soto Uke - Empi Uchi - Uraken - Gyaku Tsuki - Gedan Barai

Inside Block - Uchi Uke - Kizama Tsuki - Gyaku Tsuki - Gedan Barai

Knife Hand Block – Shuto Uke - Mae Geri - Nukite

Three Punches - Sambon Tsuki

Sliding Jab Punch - Kizami Tsuki - Mawashi Geri - Uraken

Rib Elbow Strike - Chudan Empi - Gyaku Tsuki

Forward Kick - Mae Geri - Oi Tsuki - Gyaku Tsuki

Roundhouse - Mawashi Geri - Uraken - Gyaku Tsuki

Side Snap Kick - Yoko Geri Keage - Uraken - Gyaku Tsuki

Side Thrust Kick - Yoko Geri Kekomi - Uraken - Gyaku Tsuki

Reverse Thrust Kick - Ushiro Geri - Uraken - Gyaku Tsuki

Tekki Nidan

2 Step Sparring - Ju Kumite

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