

KOFUKAN SHITO-RYU KARATE

# JUNIOR & SENIOR

## 2<sup>nd</sup> KYU – BROWN BELT

### KIHON COMBINATIONS (5x) AS REQUESTED:

### FIGHTING COMBINATIONS:

- #9 Left Gedan Harai Uke and right jodan ura uchi at the same time, Right chudan mae geri, left chudan *gyakuzuki* / extend right arm Towards opponent's right shoulder, change stance into *sheiko Dachi*, throw opponent using right knee, left chudan *gyakuzuki* to the fallen opponent
- #10 Right jodan open-hand outward block, at the same time left jodan *Maeken zuki* right chudan *gyakuzuki* / right *ashibarai*, pivot Anti-clockwise, left *ushiro-kaiten-ashibarai* (back spinning foot Sweep), left *gyakuzuki* to the fallen opponent

### SELF DEFENCE:

#### **JUNIORS**

1x Wrist Hold  
1x Choke/Headlock  
1x Clothing Grab  
1x Grab from behind

#### **SENIORS**

2x Wrist Holds  
2x Chokes/Headlocks  
2x Clothing Grabs  
2x Grabs from behind

### KATA:

Pin'an Godan  
Gekisai Ichi Gekasai Ni

### TENSION KATA:

Sanchin

### KUMITE:

Jiyu Kumite (6 – 8, as requested)