

**VICTOR YOUNG'S**  
**GANBARE SHOTOKAN KARATE-DO OF PRESCOTT**  
**2nd Kyu Intermediate Brown Belt Requirements**

\* In Japanese Terminology \*

**KIHON-**

**Hand techniques** Forward and backward - step back w/ right leg Gedan Barai into Zenkutsu Dachi

**5 times each from Kamae:**

- A. Shift in Kizami, Step in Uraken jodan, Gayaka Zuki chudan
- B. Step back Jodan Nagashi Uke, Gyakuzuki chudan
- C. Step forward Uchiuke, Kizami jodan, Gyakuzuki chudan
- D. Step back Udeuke, Empi Uchi, Uraken jodan, Gyakuzuki chudan
- E. Step forward Shutouke, Kazamie Mae Geri, Nukite
- F. Step back Gedan Kake Uke, Gyakuzuki chudan

**Kicking techniques** – Add punching techniques for A test only. Forward turn and back - step back w/ right leg Gedan Barai into Zenkutsu Dachi

**3 sets each changing legs 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, Gyakuzuki chudan
- C. Mae Nidan Tobi Geri, Kizami jodan, Gyakuzuki chudan
- D. Mae Geri Keage chudan, Mawashi Geri jodan, Gyakuzuki chudan
- E. Yoko Geri Keage chudan, Yoko Geri Kekomi chudan, Gyakuzuki chudan
- F. Mikazuki Geri chudan, Ushiro Geri Kekomi chudan, Uraken jodan, Gyakuzuki chudan

Controlled punching – move around free style w/kizami, oi zuki, gyaku zuki, uraken until “Yame” is called

Controlled kicking – for A test only move around free style w/mae geri, yoko geri, Mawashi geri, Ushiro geri, until “Yame” is called

**KATA-**

Must review Heian Shodan to Godan & Tekki Shodan at random  
Tekki Nidan

Favorite Advanced Kata

- A. A. Must know bunkai for above katas for A test

**KUMITE-**

Jyu Ippon Kumite Left or right side

\* One side does the entire attacks first then change attacker\*

- A. Jodan Zuki (choice of oi zuki, gyaku zuki, or kizami zuki)
- B. Chudan Zuki (oi zuki or gyaku zuki)
- C. Mae Geri chudan or jodan
- D. Yoko Geri kekomi chudan or jodan
- E. Mawashi Geri chudan or jodan
- F. Ushiro Geri chudan or jodan