



**CTK BROWN WITH SINGLE STRIPE BELT TO CTK BROWN WITH DOUBLE STRIPE BELT
(2ND KYU TO 1ST KYU)**

Kihon (Basic Techniques)

All Kihon techniques are performed from Jiyu-Dachi (Free Stance):

1. Kizame-Zuki, Suri-Ashi, Gyaku-Zuki (Jab, Half-Step, Reverse Punch) x3
Turn – same back
2. Kizame-Zuki, Oi-Zuki (Jab, Lunge Punch) x3
Turn – same back
3. Oi-Zuki, Suri-Ashi, Kizame-Zuki (Lunge Punch, Half-Step, Jab) x3
Turn – same back
4. Oi-Zuki, Suri-Ashi, Gyaku-Zuki (Lunge Punch, Half-Step, Reverse Punch) x3
Turn – same back
5. Kizame-Zuki, Oi-Zuki, Suri-Ashi, Gyaku-Zuki (Jab, Lunge Punch, Half-Step, Reverse Punch) x2
Turn – same back
6. Any Zuki Combination (Any Punching Combination)
Turn – same back
7. Gyaku-Zuki, Mae-Geri (Reverse Punch, Front Kick) x3
Turn – same back
8. Gyaku-Zuki, Yoko-Geri-Kekomi (Reverse Punch, Side Thrust Kick) x3
Turn – same back
9. Ushiro-Geri, Uraken Uchi, Gyaku-Zuki (Back Kick, Backfist, Reverse Punch) x3
Turn – same back
10. Mae-Geri, Yoko-Geri Kekomi, Mawashi-Geri, Ushiro-Geri, Uraken-Uchi, Gyaku-Zuki
(Front Kick, Side Thrust Kick, Roundhouse Kick, Back Kick, Backfist, Reverse Punch) x1
Turn – same back
11. Any Geri Combination (Any Kicking Combination)
Turn – same back
12. Stationary Kicking: Mae-Geri, Yoko-Geri, Mawashi-Geri, Ushiro-Geri
(Front Kick, Side Kick, Roundhouse Kick, Back Kick) x3
Both legs

Kata and Bunkai:

Candidate chooses from:

Jion, Kanku-Dai, Enpi, Hangetsu, Tekki Nidan

(Must be a different Kata from your previous Grading)

Examiner chooses from:

Bassai-Dai, Tekki Shodan, Heian Katas 1-5 and Taikyoku Shodan.

Kumite:

Jiyu-Kumite.

Format and number of rounds to be decided by the examiner.

**This is where the
Crouching Tiger Shotokan Syllabus ends
and our Shodan Syllabus begins.**