



**Sandan to Yandan
Level 2
Theme: Kiai (Energy)**

**White Stripe
Kihon (Basics)/
Drills**

- Demonstrate - Lock, Reverse, Lock- Soft grab
- Demonstrate countering freestyler attacks & Yakusoku #6

Extra Credit:

- Nihon Kumite

**Orange Stripe
Kata (form)**

- Advanced Kata**
- Bunkai [Ananku](#) & [Chinto](#)

**Gold Stripe
Principles/
Background/
Culture**

- Demonstrate randori with locks and pressure points
- Demonstrate palming exercise off of high low drill
- Demonstrate transitional flow
 - flow from one technique, strike, lock, or throw to another.

**Purple Stripe
Conditioning/Self
Defense/Pressure
Points**

- Demonstrate Multiple Points Application (DO NOT follow through with intent!)
- Physical Fitness Req. – Can still do Shodan Requirements of:
 - 1) 50 Push-ups
 - 2) 50 Sit-ups
 - 3) 50 Mountain Climbers
 - 4) 100 Jumping Jacks

**Sandan to
Yandan
Level 2
1 Year**

- All Level 2 Requirements