

2nd KYU

Kata:

Pinon 4
Gekusai Sho

Training Aids:

1. Makiwara Board
2. Wing Chun Dummy
3. Heavy Bag

Conditioning:

1. Shins
2. Arms
3. Sciatic Nerve
4. Stomach
5. Hands

Take Downs:

1. One Hand Pull Down to Concussion
2. Hand to Leg Ouchi
3. Kane Suite

Sweeps:

1. Back Spinning Ground Ashi Barai (Broom)
2. Ouchi
3. Kouchi

Must have attended at least 26 classes since last testing