

# KYODAI KARATE

## 2<sup>nd</sup> KYU Brown Belt

### Stances

#### **KAKE DACHI**

Cross Stance



### Punches and Strikes

#### **IPPON KEN (CHUDAN, JODAN)**

One Knuckle Strike To Face



IPPON KEN HAND



#### **OYAYBUI KEN (CHUDAN, JODAN)**

Thumb Knuckle



#### **HIRAKEN (CHUDAN, JODAN)**

Fist Knuckle



JODAN



# KYODAI KARATE

## 2<sup>nd</sup> KYU Brown Belt continued

**Punches and Strikes continued:**

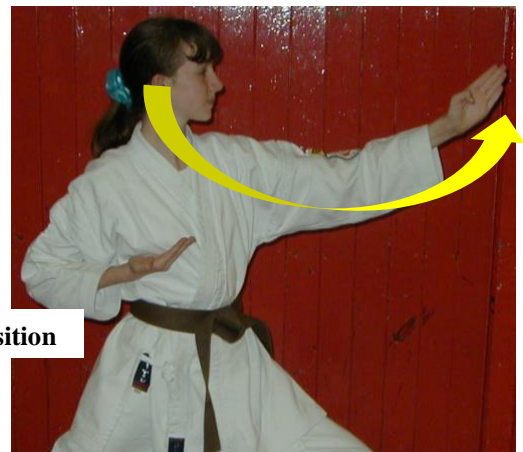
**HAITO UCHI (CHUDAN & JODAN)  
Inner Knife Hand Strike**



**HAISHU  
Back Hand Stop**



Start Position



Finish Position

**MAWASHI RYOKEN  
Burst Ear Drum Strike**





# KYODAI KARATE

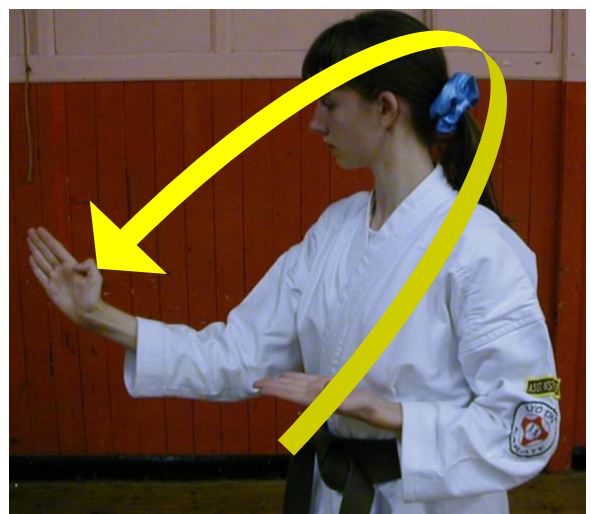
## 2<sup>nd</sup> KYU Brown Belt continued

### Blocks

#### **SHUTO SOTO UKE CHUDAN** Open Hand Outside Block



#### **SHUTO MAWASHI UKE** Open Hand Circular Block



# KYODAI KARATE

## 2<sup>nd</sup> KYU Brown Belt continued

### Kicks

#### **USHIRO GERI JODAN**

#### **JODAN**

Back kick To Face



#### **MAWASHI KAKATO GERI**

Hook Kick To Head



#### **TOBI MAE GERI JODAN**

Flying Front Kick To Head

