2nd Kyu – Brown Belt

1. **KAMAE**
   Basic stance, right and left sides

2. **TAI NO HENKO ICHI TO NI (SOTAE DOSA)**
   Cross-step-in body change and 95 degree pivot (with partner)

3. **BUKI WAZA – SHUMATSU-DOSA ICHI TO NI**   video
   Bokken technique – After-class exercise #1 and #2

4. **ZENPO KAITEN UKEMI SAN**   video
   Forward breakfall #3

5. **HIYAKU UKEMI (SOTAE DOSA)**   video
   Jumping front breakfall (with partner)

6. **SHOMENUCHI YONKAJO OSAE ICHI**   video
   Front strike fourth control pin #1

7. **SHOMENUCHI YONKAJO OSAE NI**   video
   Front strike fourth control pin #2

8. **SHOMENUCHI SANKAJO OSAE ICHI**   video
   Front strike third control pin #1

9. **SHOMENUCHI SANKAJO OSAE NI**   video
   Front strike third control pin #2

10. **KATA MOCHI NIKAJO OSAE ICHI**   video
    Shoulder grasp second control pin #1

11. **KATA MOCHI NIKAJO OSAE NI**   video
    Shoulder grasp second control pin #2

12. **SHITE WAZA (Nippon mei)**
    Two previous techniques appointed by instructor

13. **SHOMEN TSUKI JIYU WAZA**
    Freestyle training from body punch – assigned pattern

14. **SHOMEN UCHI JIYU WAZA**   video
    Freestyle training from front strike (open technique selection)

(Continued…)

ISLAND AIKIDO – SHINBUKAN DOJO

2nd Kyu – Assigned pattern for Jiyu Waza (freestyle) from body punch

1. Left: Elbow breath throw #2 (hijiate kokyu nage ni)
2. Right: Elbow breath throw #2 (hijiate kokyu nage ni)
3. Left: avoid
4. Right: avoid
5. Left: First control throw (ikkajo nage) from cross-step pivot
6. Right: First control throw (ikkajo nage) from cross-step pivot
7. Left: avoid
8. Right: avoid
9. Left: Front step-in throw #2 (shomen iriminage ni) from cross-step pivot
10. Right: Front step-in throw #2 (shomen iriminage ni) from cross-step pivot
11. Left: avoid
12. Right: avoid
13. Left: Step in, face thrust (irimi tsuki)
14. Right: Step in, face thrust (irimi tsuki)
15. Left: Side step-in throw #2 (sokomen iriminage ni) from cross-step pivot
16. Right: Side step-in throw #2 (sokomen iriminage ni) from cross-step pivot