



## SHOTOKAN 2000 KARATE

### 2nd KYU Brown Belt

- 1 High Block, Low Block, Reverse Punch  
Outside Block, Low Block Reverse Punch (Reverse)**
- 2 Front Kick Jab Reverse Punch  
Same**
- 3 Knifehand Block Knifehand Strike  
Same**
- 4 Axe Kick, Step Up Side Kick Reverse Punch  
Same**
- 5 Reverse Crescent Kick, Roundhouse Kick Back Kick Reverse punch  
Same**
- 6 Front Kick, Roundhouse Kick Reverse Punch  
Same**
- 7 Roundhouse Kick, Back Kick Reverse Punch  
Same**
- 8 Front Kick, Reverse Punch, Step Back Low Block Reverse Punch,  
Roundhouse Kick Spin Sweep, Punch  
Same**
- 10 Kata Bassi – Dai. Plus 1 Heian Kata**
- 11 Sparring. x 2 << 2 min Rounds**
- 12 Bag Work 1 min 30 sec**