



Criteria for 2nd & 1st Kyu (Blue Belt & Brown Belt)

Minimum time requirement from last rank: 8 Months for 2nd Kyu and 10 Months for 1st Kyu

Tachikata: Stances

- Kosa Dachi: Cross Leg Stance (2nd Kyu/Blue Belt)
- Sokumen Dachi: Flank Stance (2nd Kyu/Blue Belt)

Uke: Blocks

- Juji Uke: Cross Block (2nd Kyu/Blue Belt)
- Kosa Uke: Crossing Block (2nd Kyu/Blue Belt)
- Haiwan Uke: Square Block (2nd Kyu/Blue Belt)
- Kaishu Haiwan Uke: Open Hand Square Block (1st Kyu/Brown Belt)

Ate/Uchi: Strikes

- Age Zuki: Rising Punch (2nd Kyu/Blue Belt)
- Ate Zuki: Upside Down Punch (2nd Kyu/Blue Belt)
- Furi Zuki: Flare Punch (2nd Kyu/Blue Belt)
- Koko Uchi: Tiger Mouth Strike (1st Kyu/Brown Belt)

Keri: Kicks

- Tobi Mawashi Geri: Jump Roundhouse Kick (2nd Kyu/Blue Belt)
- Ushiro Geri: Back Kick (2nd Kyu/Blue Belt)
- Hiza Geri: Knee Strike (1st Kyu/Brown Belt)

Fighting Techniques:

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|-------------------------|--------------------------|
| #11 (2nd Kyu/Blue Belt) | #14 (1st Kyu/Brown Belt) |
| #12 (2nd Kyu/Blue Belt) | #15 (1st Kyu/Brown Belt) |
| #13 (2nd Kyu/Blue Belt) | #16 (1st Kyu/Brown Belt) |

Self Defense Techniques:

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|-------------------------|--------------------------|
| #11 (2nd Kyu/Blue Belt) | #14 (1st Kyu/Brown Belt) |
| #12 (2nd Kyu/Blue Belt) | #15 (1st Kyu/Brown Belt) |
| #13 (2nd Kyu/Blue Belt) | #16 (1st Kyu/Brown Belt) |

Kata

- Pinan Shodan: Peaceful Mind 3 (2nd Kyu/Blue Belt)
- Pinan Sandan: Peaceful Mind 3 (2nd Kyu/Blue Belt)
- Pinan Yondan: Peaceful Mind 4 (1st Kyu/Brown Belt)
- Kyoku Nidan: Rising Sun 2 (2nd Kyu/Blue Belt)
- Kyoku Sandan: Rising Sun 3 (1st Kyu/Brown Belt)
- Kyoku Yondan: Rising Sun 4 (1st Kyu/Brown Belt)*

* Must have at least started learning the kata