

Nikkyu (2nd Kyu - 150 days)
"To have power and be flowing"

ATTACK	TECHNIQUE	NOTES
yokomenuchi	nikkyo	
yokomenuchi	sankyo	
yokomenuchi	kokyunage 3 ways	
yokomenuchi	koshinage 1 way 2 nd way	
katatetori gyaku hanmi	iriminage	
katatetori gyaku hanmi	kotegaeshi	
katatori menuchi	nikkyo	
katatori menuchi	kotegaeshi	
tsuki	ikkyo omote ura	
tsuki	Nikkyo omote ura	
tsuki	sankyo omote ura	
tsuki	yonko omote ura	

ushiro ryokatatori	ikkyo	
ushiro ryokatatori	nikkyo	
ushiro ryokatatori	sankyo	
ushiro ryokatatori	yonko	
ushiro ryokatatori	jujinage	
ushiro ryokatatori	aiki otoshi	
ushiro katatetori kubishime	koshinage	
hanmi handachi waza ushiro ryokatatori	shihonage	
hanmi handachi waza ushiro ryokatatori	kotegaeshi	
hanmi handachi waza: katatetori	kaitennage omote ura	
jiyu waza: 1 attacker		