



Hakuba Wadoryu 2nd Kyu Syllabus. Brown & White Belt **2nd KYU 二級**

KIHON-WAZA 基本技

1. Kette-junzuki
2. Kette-gyakuzuki
3. Kette-junzuki-no-tsukkomi
4. Kette-gyakuzuki-no-tsukkomi
5. Nagashizuki-jodan
6. Mawashigeri-jodan
7. Sokuto-jodan
8. Ushirogeri-chudan
9. Nidangeri-jodan

RENRAKU-WAZA 連絡技

1. Surikomi-maegeri-chudan – Nagashizuki-jodan – Mawashigeri-jodan
2. Maegeri-chudan – Sokuto-chudan – Ushirogeri-chudan – Gyakuzuki-chudan
3. Zenshinshite-jodan - Renzuki-chudan - Surikomi-maegeri-chudan -
Mawashigeri-chudan - Gyakuzuki-chudan

UKE 受け

SANBON-GUMITE 三本組手

1. Junzuki-uke; Sanbonme, Yonhonme
2. Maegeri-uke; Sanbonme, Yonhonme

OHYO-GUMITE 応用組手

1. Gohonme
2. Ropponme

KIHON-GUMITE 基本組手

1. Sanbonme
2. Yonhonme

MACHI-OHYO 町応用

1. Ipponme
2. Nihonme
3. Sanbonme
4. Yonhonme

KATA 形

1. Ku-Shanku
2. Nai-hanchi

JIYU-GUMITE 自由組手