



KARATE BUDOKAN OMAN

SYLLABUS FOR 2th KYU



LONG TECHNIQUES:

Standing

Left Side: Forward stance face punch, middle punch, down punch (turn back)

Right side: Forward stance face punch, middle punch, down punch.

Straight: Open hand, move forward elbow face lift, back leg front kick, keep the leg back, front leg jumping front kick, down block reverse punch, back leg inner crescent kick, turn around back kick, keep the leg forward back leg full sweep with turn, scissors move reverse sweep, forward stance back fist strike.

Kata:

1. Tekki Nidan

Note: A minimum of 4 months training is expected of a member between each promotion from the White Belt stage to the 4th Kyu, after which a 5 monthly interval is required before he/she is tested for the First Kyu. A minimum training period of 6 months is necessary from the 1st Kyu to the Black Belt Shodan



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