



**CTK BROWN BELT TO CTK BROWN WITH SINGLE WHITE STRIPE
(3RD KYU - 2ND KYU)**

Kihon (Basic Techniques)

All Kihon techniques are performed from Jiyu-Dachi (Free Stance):

- 1. Kizame-Zuki (Jab) x4**
Turn – same back
- 2. Oi-Zuki (Lunge Punch) x4**
Turn – same back
- 3. Gyaku-Zuki (Reverse Punch) x4**
Turn – same back
- 4. Mae-Geri (Front Kick) x4**
Turn – same back
- 5. Yoko-Geri-Kekomi (Side Thrust Kick) x4**
Turn – same back
- 6. Mawashi Geri (Roundhouse Kick) x4**
Turn – same back
- 7. Ushiro-Geri (Back Kick) x4**
Turn – same back
- 8. Ura Mawashi-Geri (Hook Kick) x4**
- 9. Mae-Geri, Yoko-Geri Kekomi, Mawashi-Geri, Ushiro-Geri
(Front Kick, Side Thrust Kick, Roundhouse Kick, Back Kick) x1**
Turn – same back
- 10. Stationary Kicking: Mae-Geri, Yoko-Geri, Mawashi-Geri
(Front Kick, Side Kick, Roundhouse Kick) x3**
Both legs

Kata and Bunkai:

Bassai Dai

Kumite:

Jiyu-Kumite.

Format and number of rounds to be decided by the examiner