

## **2nd Dan**

### **Compulsory 'Choshos'**

- Superfit 1
- pad work combs 1
- Urban KB 1
- Ram Moi
- Precision kick
- Precision punch

### **Fitness**

1 x 10 minute skip

60 pushups

60 squat thrusts

60 crunches

### **Kicks & Punches**

Perform any kick or kicking combinations devised by the panel

Perform any punch or punching combinations devised by the panel

Perform any combinations of kicks and punches devised by the panel.

Semi Free padwork (marked on holding and striking)

Combined: 3 x 2 minute rounds

### **Shadow sparring**

3 x 2 minute rounds

Sparring (with any student or instructor)

Minimum of 3 x 2 minutes

### **Must have achieved one of the following:**

- Competed in 3 tournaments, (one of which must be a continuous tournament).
- Regularly teach classes
- Semi or full contact title; area, English or British.
- Competed in 3 ring tournaments.