

# 1 KYU: BROWN BELT-2 STRIPES

KATA: Bassai Dai

KIHON (BASICS): Examiners count:

- 1) From front stance, step in punch, once face, twice stomach.
- 2) Stepping back, rising block, reverse punch.
- 3) Stepping forward, outside forearm block, shift to side stance, elbow strike, back-fist strike.
- 4) Stepping back, back stance, knife-hand block, front leg front kick, spear-hand to solar plexus while landing in front stance.
- 5) Moving forward, double front snap kick (start with front leg), stomach level, face level.  
\*Turn into front stance.
- 6) Moving forward, lead leg round kick stomach level, back leg round kick face level.  
\*Turn into side stance.
- 7) Stepping across, side snap kick-change direction-repeat.
- 8) Change direction, stepping across, side thrust kick-change direction-repeat.
- 9) Change direction, stepping across, reverse-round kick-change direction-repeat.
- 10) Combination: From front stance, (back leg) round-house kick, (back leg) side thrust kick, reverse punch.
- 11) Combination: From front stance, back leg round-house kick, cross-over step, same leg side thrust kick, step in reverse punch.
- 12) Combination: From front stance, lead leg front kick, back leg reverse round-house kick, step in reverse punch.
- 13) From stationary front stance, back leg front kick, same leg side snap kick, step back into a front stance, back kick.
- 14) From front stance, reverse punch (using maximum speed and power) as closely as possible towards a stationary object without making contact.

KUMITE (BASIC SPARRING):

No Count.

Offense (start from front stance).

\*Step in punch, face level.

\*Step in punch, stomach level.

\*Front snap kick, stomach level.

\*Round-house kick, face level.

\*Side thrust kick.

\*Back thrust kick.

Defense (start from open natural stance): Any block, any counter.