

2ND KYU-MURASAKI OBI

<u>Fitness</u> 35 x Press Ups 35 x Sit Ups 35 x Leg Raises 35 x Burpees This is a basic fitness requirement and is likely to be repeated during the candidate's grading.	<u>Tanjun Nage Waza</u> <u>Basic Throws</u> As previous belt plus... 4 x 4 Front Double Leg 4 x 4 Rear Double Leg 4 x 4 Spring Hip 4 x 4 Rice Bale 4 x 4 Reclining Leg 4 x 4 Dropping Reclining Leg	<u>Bujutsu</u> <u>Weapon Techniques</u> Tactical Knife: Roundhouse Punch: 1) Neck. 2) Femoral Artery. Straight Punch: 1) Lung Cavity. 2) Jugular.
<u>Nage Waza</u> <u>Throwing Techniques</u> Full Nelson: Rear Leg Scoop with Indian Death Lock. Half Nelson: 1) Knee Collapse & Neck Break. 2) Valley Drop & Kick.	<u>Nage Waza</u> <u>Throwing Techniques</u> Front Double Leg Scoop: 1) Double Punch. 2) Fig 4 Leg Lock. Rear Double Leg Scoop: Axe Kick, Double Wrist Lock & Kneeling Shoulder Lock	<u>Nage Waza</u> <u>Throwing Techniques</u> Rear Scoop: Neck Break and Side Control. Spring Hip: 1) Wrist and Arm Lock. 2) Figure 4 Arm Lock.
<u>Nage Waza</u> <u>Throwing Techniques</u> Rice Bale: 1) Rollover & Mount. 2) Hammer Lock. Escape From Back Hammer Lock: Rice Bale.	<u>Nage Waza</u> <u>Throwing Techniques</u> Reclining Leg: Standing Knee Bar. Dropping Reclining Leg: Roll and Strikes.	<u>Ne Waza</u> <u>Grappling Techniques</u> Defend Strangle from Full Guard: 1) Spine Lock and Punch to Chest. 2) Push Knee and Arm Bar.

Grading Examination

There is no minimum classroom attendance required for this grading.

The candidate will be tested for technical ability and correctness on the above syllabus.

The candidate will be examined under duress to test their fighting spirit in the true essence of Fudoshin.