

2ND KYU - MURASKI OBI

Fitness

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.

Tanjun Nage Waza

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

Bujutsu

Tanto Waza:

Roundhouse Punch:

- 1) Neck.
- 2) Femoral Artery.

Straight Punch:

- 1) Lung Cavity.
- 2) Jugular.

Nage Waza

Full Nelson:

Rear Leg Scoop with Indian Death Lock.

Half Nelson:

- 1) Knee Collapse & Neck Break.
- 2) Valley Drop & Kick.

Nage Waza

Front Double Leg

Scoop:

- 1) Double Punch.
- 2) Fig 4 Leg Lock.

Rear Double Leg

Scoop: Axe Kick,
Double Wrist Lock &
Kneeling Shoulder Lock

Nage Waza

Rear Scoop:

Neck Break and Side Control.

Spring Hip:

- 1) Wrist and Arm Lock.
- 2) Figure 4 Arm Lock.

Nage Waza

Rice Bale:

- 1) Rollover & Mount.
- 2) Hammer Lock.

Escape From Back

Hammer Lock:

Rice Bale.

Nage Waza

Reclining Leg:

Standing Knee Bar.

Dropping Reclining

Leg:

Roll and Strikes.

Ne Waza

Defend Strangle from

Full Guard:

- 1) Spine Lock and Punch to Chest.
- 2) Push Knee and Arm Bar.

Grading Examination

Revision 13: 31/08/2025

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.