

2nd Kyu: 50 Days of Practice		
Techniques:	Special	Jyu Waza
	Ukemi	High Fall: Koshi Nage
Suvari Waza	Shomen Uchi	Ikkyo Kote Gaeshi
	Gyakuhanmi Kata Te dori	Kote Gaeshi Irimi Nage
	Kata dori	Ikkyo
	Yokomen Uchi	Gokyo Irimi Nage
	Ryo Te dori	Kokyu ho
Hanmi Handachi	Gyakuhanmi Kata Te dori	Shiho Nage
	Kata dori	Ikkyo
	Ryo Te dori	Shiho Nage
Tachi Waza	Shomen Uchi	Ikkyo Irimi Nage Uchi Kaiten Sankyo Kaiten Nage Soto Kaiten Nage Uchi
	Gyakuhanmi Kata Te dori	Sankyo Irimi Nage Ude Garami Sumi Otoshi
	Aihanmi Kata Te dori	Koshi Nage
	Yokomen Uchi	Ikkyo Nikkyo Gokyo Shiho Nage Irimi Nage Kote Gaeshi Uchi Kaiten Sankyo
	Kata dori Menuchi	Ikkyo Nikkyo Sankyo Shiho Nage Irimi Nage Kote Gaeshi
	Ryo Te dori	Irimi Nage Kote Gaeshi Ten Chi Nage

2nd Kyu: 50 Days of Practice

	Ushiro Ryo Te dori	Juji Garami
	Ushiro Ryo Kata dori	Ikkyo Nikkyo Sankyo Aiki Otoshi Sokumen Irimi Nage
	Katate Ryo Te dori (Moro Te dori)	Kote Gaeshi Irimi Nage Ten Chi Nage
	Chudan Tsuki	Irimi Nage Uchi Kaiten Sankyo Kiri Otoshi
	Jodan Tsuki	Kiri Otoshi Hiji Kime Osae
	Randori (Qualities)	Entering
	Weapons	Aikijo Suburi 11-20 li & re

