**LEVEL 2**

**(Purple, Adv. Purple, Blue, Adv. Blue, Level 2 Tester)**

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| **Stripe** | **Cycle 1** | **Cycle 2** | **Cycle 3** | **Cycle 4** |
| **Yellow** | Blocks 3   * Stroll #1 * Stroll #2 * Back of the hand * Blade of the hand block to the side | Pinion #2a  Starting Position   1. Double punch down 2. Hands to chest 3. Double BK 4. L Palm blk 5. L slide in & step straight back 6. Pivot horse stance + punch down 7. Double punch out + R step together 8. Pull arms back L side 9. Circle cover 10. Turn & R chop 11. Slide together + double punch out 12. Pull arms back R side | Blocks 4   * Stroll #3 * Double palm * Peacock | Grab Defense #2   1. Attention 2. Step back + block up 3. Table 4. Kick 5. Push down 6. Elbows back 7. Step + push forward 8. Back stance |
| **Orange** | Strikes 3:   * Elbow Strike * Shuto chop single * Uppercut * Side-to-side | Pinion #2b   1. Ready arms + chamber 2. Kick 3. Recoil 4. Cross legs 5. Stroll to L 6. R knee up 7. Stroll to R 8. Horse stance 9. Stroll to L 10. Arm swing to over head 11. R leg table 12. Front kick, strike down, cover 13. Turn to L 14. Circle cover 15. Step + bottomfist | Strikes 4   * Shuto-chop double short * Roundhouse Punch * Rising Punch * Hook Punch * Backhand Strike | Punch Defense #2   1. Attention 2. Step + palm block 3. Outward block 4. Table 5. Kick 6. Step + back of fist push down 7. Palm block downwards 8. Back-knuckle 9. Back stance |
| **Purple** | Kicks 3:   * Knee Strike * Kenpo Kick * Spinning Back Kick | Pinion #2c   1. L leg cross in back 2. Outward + down-blk 3. L leg step forward 4. Circle cover to R side 5. Spear hand forward 6. R foot cat stance 7. L blade of hand block 8. R leg forward stance step & elbow 9. L sidestep + prep BK 10. BK 11. R sidestep 12. R punch 13. Horse stance   Finish Position | Kicks 4   * Ax Kick * Hook Kick | SD Combo #2  *vs. Front choke (2 hands)*   1. SD Stance 2. Chin down, grab hands 3. R elbow strike down (12🡪6) 4. L elbow strike down 5. L side elbow strike 6. L side hammer fist 7. R palm strike 8. R front kick 9. Distance |
| **Blue** | Reverse Punch  Back-Knuckle Punch | Back-Leg Roundhouse Kick  Front-Leg Roundhouse Kick | Stick Strikes 1-4 | Front Leg Sidekick |
| **Green** | Punch & Back-Knuckle Punch Counters  *(Down + Up head blocks)* | Roundhouse Kick Counters  *(Near/Far)* | Stick Blocks 1-4 | Sidekick Counter  *(Down)* |
| **Brown** | Punch + Back-Knuckle Sparring | Roundhouse Kick Sparring | Stick Disarms 1-4 | Sidekick Sparring |
| **Level 2 Tester Belt: Fitness Set 2** | 10 Jumping Jacks  10 Mountain Climbers  10 Squats  10 Knuckle Push-ups  10 Sit-Ups  10 Lunges  Time: 2:00 minutes | | | |