**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 #2aStarting Position1. 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 #21. 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 #2b1. 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 #21. 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 #2c1. 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 PunchBack-Knuckle Punch | Back-Leg Roundhouse KickFront-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 Jacks10 Mountain Climbers10 Squats10 Knuckle Push-ups10 Sit-Ups10 LungesTime: 2:00 minutes |