



# 2<sup>nd</sup> Brow n Be It



## 2<sup>nd</sup> Kyū - Nikkyū

*Know the enemy and know yourself, you will win every battle;*

*Know yourself but not the enemy, for every victory gained you will also suffer a defeat;*

*Know neither the enemy nor yourself; you will succumb in every battle.*

-- Sun Tzu

### Techniques

- |                           |                            |
|---------------------------|----------------------------|
| 1. Foot Rake              | 13. Stretching The Bow     |
| 2. Sowing Seed            | 14. Corkscrew              |
| 3. Passing Wind (3)       | 15. Raking The ground      |
| 4. Covering The Moon      | 16. Twisting Knee          |
| 5. Twisting Staff         | 17. Climbing The Staircase |
| 6. Brushing Winds         | 18. Binding Limbs          |
| 7. Whirling Leaves        | 19. The rake               |
| 8. Crossing The Mountains | 20. Wrapping The Gift      |
| 9. The Lock               | 21. Slicing Knee           |
| 10. Scorpion              | 22. Slicing Heel           |
| 11. Spinning Log          | 23. Breaking The Stays     |
| 12. Snapping The Rod      | 24. Twisting Dragon        |

### KATA

- |              |              |                      |
|--------------|--------------|----------------------|
| 1. Long Four | 2. Sword Set | 3. Moving Finger Set |
|--------------|--------------|----------------------|

### (Optional Techniques)

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|---------------------------|-----------------------------|
| 1. Turning The Handle     | 4. Twisting The Rope        |
| 2. Stopping The Staff (2) | 5. Slicing The Scorpion (2) |
| 3. Reversing Winds        | 6. Turning The Blade (2)    |

### Belt Pledge:

*I understand that like a doctor, the private affairs of students and fellow instructors that come to my attention during the exercising of my responsibilities are privilege communications and must never be discussed with any living soul. I vow that I will never violate this pledge nor any other for the sake of personal benefit.*