



BROWN BELT (1st kyu)

SYLLABUS & TRANSLATION SHEET

UCHI

MOROTE UCHI

NUKITE

IPPON NUKITE

NIHON NUKITE

TOHO UCHI

STRIKE

Simultaneous strike (as specified - e.g morote jodan ski / double head punch)

Spear hand

1 finger spear strike

2 finger spear strike

Sword peak hand strike to throat

GERI

USHIRO TOBI GERI

USHIRO MAWASHI

TOBI GERI TAISOKU

KICK

Jumping back kick

Jump spinning roundhouse kick (using sole of foot)

IPPON KUMITE

IPPON KUMITE YON

ONE STEP SPARRING

Defence and counter of:

- 5 punches using two put down techniques

- 5 kicks using two put down techniques

KATA

ASHIITA ROKU

FORMAL PATTERN

All katas should be announced before performing them

STAMINA ASSESSMENT

20 fingertip push-ups

20 crunch sit-ups

Holding up to 3 given stances for no more than one minute

ADDITIONAL REQUIREMENTS

KUMITE SPARRING ASSESSMENT

Against 2 simultaneous opponents for no more than 2 minutes duration (at examiners discretion)
