

Brown Belt 1st Kyu

Note: Students will be tested on previous material in addition to the following:

Stretching

1. 4-in-1 exercise
2. Box splits
3. Splits left and right

Stances

1. Heisoku-Dachi
2. Heiko-Dachi

Punches and Strikes

1. Shuto-Sakotsu-Uchi
2. Shuto-Yoko-Ganmen-Uchi
3. Shuto-Uchi-Komi
4. Shuto-Hizo-Uchi
5. Shuto-Jodan-Uchi
6. Chudan-Hiji-Ate
7. Chudan-Mae-Hiji-Ate
8. Age-Hiji-Ate (Jodan, Chudan)
9. Oroshi-Hiji-Ate
10. Reverse knife strike (Hidari, Migi), Uraken-Ganmen-Uchi, Chudan-Seiken-Gyaku-Tsuki

Blocks

1. Shuto-Jodan-Uchi-Uke
2. Shuto-Jodan-Uke
3. Shuto-Chudan-Uchi-Uke
4. Shuto-Chudan-Soto-Uke
5. Shuto-Mae-Gedan-Barai
6. Shuto-Mawashi-Uke (in Sanchin-Dachi)
7. Koken-Uke (Jodan, Chudan, Gedan)

Kicks

1. Jodan-Yoko-Geri (Haisoku, Chusoku)
2. Jodan-Mawashi-Geri (Haisoku, Chusoku)
3. Jodan-Ushiro-Geri

Kata

1. Pinan-Sono-San

2. Sanchin-No-Kata (with Ibuki)
3. Gekesai-Dai

Renraku

1. Half step Seiken Oi Tsuki, half step Seiken hook punch, Gyaku-Tsuki swing punch
2. Half step Seiken Oi Tsuki, spinning Uraken, Chudan-Gyaku-Tsuki, Seiken Oi Tsuki
3. Half step Seiken Oi Tsuki, Chudan-Seiken-Gyaku-Tsuki, Chudan-Mawashi-Geri (Haisoku)
4. Half step Seiken Oi Tsuki, Chudan Ushiro-Geri
5. Front foot Jodan-Mawashi-Geri (Haisoku), Chudan-Mawashi-Geri (Chusoko)
6. Front foot Jodan-Mawashi-Geri (Haisoku), Jodan-Ushiro-Mawashi-Geri (Kakato)
7. Teisoku-Mawashi-Soto-Ke-Age, Jodan-Ushiro-Mawashi-Geri (Kakato)
8. Haisoku-Mawashi-Uchi-Ke-Age, Chudan-Mawashi-Geri-Chusoku
9. Jodan Ushiro-Mawashi-Geri
10. Leg block, Jodan-Mawashi-Geri
11. One step Mae-Chusoku-Keage, Chudan-Seken-Gyaku-Tsuki, Chudan-Seken-Oi-Tsuki
12. Half step Seiken Oi Tsuki, Chudan-Seiken-Gyaku-Tsuki, Gedan-Mawashi-Geri (Haisoku), Jodan-Ushiro-Mawashi-Geri

Conditioning

1. 30 push ups on fingers
2. 60 push ups on knuckles
3. 100 stomach crunches with legs in the air
4. 100 squats

Note: Children under 16 years are not expected to perform push ups on knuckles or fingers.

Self Defence

Self defence to be arranged by the instructor, including knife defences and throws.

Fighting

8 x two-minute fights

1. 5 x hands and feet
2. 3 x hands only (no gloves, no face contact, hands grabbing & holding for a period of 3 seconds allowed)