

1st Kyu – Brown Belt

Before attempting this grading, students must have trained at least 50 sessions for adults, and 70 sessions for juniors, since their last examination.

Must show strength, concentration, force, intensity, and character in both kata and kumite.

Grading Fee: \$35.00 (must be paid in full before the grading date)

<u>Kihon Waza</u>	<u>(Basic Techniques)</u>
Kiba-zuki chudan	Horse stance and punch- stomach
Kiba-zuki jodan	Horse stance and punch- face
Gyaku-zuki, Uke	Reverse punch (1 face, 2 stomach, 3 stomach) and block (1 rising block, 2 outside block, 3 inside block)
Mae-geri	Front Kick
Yoko-geri Keage (Heisoku-dachi)	Side snap kick (closed feet stance)
Yoko-geri Kekomi from Zenkutsu dachi	Side thrust kick from front stance
Mawashi -geri	Round house kick
Kokutsu-dachi Shuto-uke, Zenkutsu-dachi Nukite	Back stance knife hand block - change to forward stance, spear hand thrust
Mae ashi geri, ushiro ashi geri	Front leg , front kick, Back leg front kick (in place)
Hiza geri	Knee strike (examiner's order)
Enpi-uchi	Elbow strikes (Examiner's order)
Uraken-uchi	Backfist (Examiner's order)
Shuto-uchi	Knife hand strike (Examiner's order)
<u>Ido Kihon Waza</u>	<u>(Basic Moving Techniques)</u>
Sanren zuki to sono kodan	Moving forward, Face and 2 stomach punches; going back, blocks and reverse punch
Mae-geri, jodan-chudan zuki to sono-uke, gyaku-zuki	Front kick, face + stomach punch; going back, blocks and reverse punch
Mae-geri, mawashi geri, gyakuzuki to sono kodan	Front kick, Round house kick, reverse punch; going back, blocks and reverse punch
Chudan mae-geri, jodan mae-geri, gyaku zuki to sono kodan	Front kick stomach, Front kick face, reverse punch; going back, blocks and reverse punch
Mae ashi geri, ushiro ashi geri to sono kodan	Front leg front kick in place, step through Front kick; going back, blocks and reverse punch
Yoko-geri, Mawashi-geri, gyaku zuki to sono kodan	Side thrust kick, Round house kick, reverse punch; going back, blocks and reverse punch
Mawashi-geri, Yoko-geri, gyaku zuki to sono kodan	Round house kick, Side thrust kick, reverse punch; going back, blocks and reverse punch

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Mae-geri, mawashi-geri, uraken, gyaku zuki	Front kick, Round house kick, Backfist, reverse punch
Mae-mawashi-geri, gyakuzuki, neko-ashi-geri, mae-geri, gyakuzuki,	Fighting position, Sugi ashi, Front leg Round house kick, reverse punch, cat stance, knife hand block, front leg front kick, rear leg stepping through front kick, reverse punch, fighting position
Kata	
Kanku-dai	
Tekki Shodan or Bassai-dai	
Kumite	
Jiyu Ippon Kumite	Semi Free (call technique first)
Shiai Kumite	Tournament style
Jissen Kumite	
Throws	Hip, Shoulder, + Neck Throws + Break falls
	inner + outer reaping throws
	3 wrist controls to take down and controls
	arm bar and escape from mount and guard
	add chokes and escapes
Kobudo - Optional	
Bo Basics (10)	
Shushi no Kon Sho	1st bo kata
Maezato no Nunchacku	1st nunchaku kata