

## **BROWN BELT REQUIREMENT CHECKLIST**

**Be sure to check off each item as you become comfortable and competent of each requirement. Recommendation for examination by an authorized instructor is encouraged. Please note that recommendation is not promotion guaranteed.**

**Written Exam** - approximately 30 minutes and done during class time

- Includes some written requirements from blue and green level
- What is kata?
- What are the important points of good kata performance?
- Besides speed & power, what other factors determine the successful application of an attack counter-attack?

**Practical Exam** - Demonstrate with speed and power with balance

### **1. Kihon Waza**

- Ura mawashi keri (hook kick); Mawari Ura Mawashi Keri (spinning hook kick)
- Tobi ushiro keri (Jumping back kick); Mawari ushiro keri (spinning back kick)
- Fumi komi keri (stomping kick); Gyaku mawashi keri (reverse roundhouse kick)

### **2. Renzoku Waza - finish in kamae-te position**

- Yuri ashi/ni-ren tsuki, tsugi ashi/mae ashi mawashi keri, mae-te uraken uchi
- Mae keri, tsugi ashi/mae ashi sokuto keri, mae-te uchi uke/gyaku tsuki, migi jodan haito uchi
- Yoko tobi keri, bring front foot back, spin and ushiro keri with other foot, step down and turn to direction of kick, mae-te soto uke, gyaku tsuki, shift backwards mae keri step forward, kamae

### **3. Kata**

- Bassai Dai
- Rohai (Chito-Ryu)
- Jion
- Kata from blue and green

### **4. Bunkai**

- Heian Yodan or Godan (3 selections - Sensei's choice)

### **5. Ukemi Waza**

- Rolls and breakfalls as in Blue level testing
- Plus: Cartwheel (left and right); Forward flip breakfall; Front flip breakfall

### **6. Nage Waza (Take down techniques)**

- Ju Go No Waza

### **7. Kobudo (weapons)**

- Kihon bo kata ni

### **8. Kumite Drills: required elements - correct distance, correct timing, speed, power, balance, proper finish**

1. Drills as in Blue exam
2. 3 x different counters against a gyaku-tsuki (2 must include a desahi barai or foot sweep)
3. 3 x different counters against a double punch (3 must include kicks and foot sweeps)