

# **BROWN BELT SYLLABUS**

**2nd KYU**

**Youth (9-15 Years)**

## **HAND TECHNIQUES**

**Enkei Chudan Gyaku Tsuki** - Circular Knife Hand Block & Middle Reverse Punch

## **KICKS**

**Tobi Geri** - Basic Jumping Kicks

## **BASIC SELF DEFENSE**

1 - 10 (Left Punch Coming)

## **INTERMEDIATE SELF DEFENSE**

3, 4

## **KIHON KUMITE**

3

## **YAKUSOKU KUMITE**

2

## **KATA**

**Seido III**  
**Gekisai Dai**

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## **Level Patches and Promotion:**

### **To Receive Level 1 Patch:**

- 2 Months training & 20 Classes minimum since last promotion

### **To Receive Level 2 Patch:**

- 2 Months training & 20 Classes minimum since Level 1 Patch

### **To Receive Level 3 Patch:**

- Review all previous material
- 2 Months training & 20 Classes minimum since Level 2 Patch
- Read Kaicho's Autobiography

After receiving your third patch, you may take the next scheduled promotion. You **must** have your Chief Instructor's signature on promotion application.

# **ADVANCED BROWN BELT SYLLABUS 1st KYU**

**Youth (9-15 Years)**

## **HAND TECHNIQUES**

**Combination - Yonju Godo Kiba Dachi (45 degrees)**

- #1 - Hiji Mawashi Ate - Roundhouse Elbow Strike
- Uraken Shomen Uchi - Inverted Fist Strike
- Gedan Barai - Lower Block
- Chudan Gyaku Tsuki - Middle Reverse Punch

## **STANCES**

**Kake Dachi** - Hook Stance

**Kuzure Heiko Dachi** - Staggered Parallel Stance

**Kata Hiza Dachi** - One Knee Stance

## **INTERMEDIATE SELF DEFENSE**

5, 6

## **KIHON KUMITE**

4

## **YAKUSOKU KUMITE**

3

## **KATA**

**Pinan IV**

**Seido IV**

**Yansu Kata**

Falling, Sweeping, And Rolling Techniques.

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## **Level Patches and Promotion:**

### **To Receive Level 1 Patch:**

- 4Months training & 40 Classes minimum since last promotion

### **To Receive Level 2 Patch:**

- 4 Months training & 40 Classes minimum since Level 1 Patch

### **To Receive Level 3 Patch:**

- Review all previous material
- 4 Months training & 40 Classes minimum since Level 2 Patch
- Read *Technique and Spirit*