



## BROWN BELT (1st kyu)

### SYLLABUS & TRANSLATION SHEET

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#### **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)

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