

## **Brown Belt Syllabus**

### **Hand Techniques**

*Koken Uchi – Wrist Strike*

*Hiji Oroshi Uchi – Descending Elbow Strike*

### **Kicks**

*Knowledge of Tobi (jumping) kicks*

### **Stances**

*Shiko Dachi – Sumo Stance*

*Sentou Dachi- Fighting Stance*

### **Kata**

*Brown Belt (2<sup>nd</sup> Kyu): [Pinan V](#) and [Tsuki-No](#)*

*Brown Kyu (1<sup>st</sup> Kyu): [Tensho](#) and [Sai Ha](#)*

### **Self Defense**

*Brown Belt (2<sup>nd</sup> Kyu): [Intermediate 10](#)*

*Brown Kyu (1<sup>st</sup> Kyu): [Intermediate 1-10 sanban uke](#), [Intermediate 1-10 opposite side](#),*

*[Intermediate 1-10 ippon](#) with multiple attackers*

### **Requirements for Testing**

*Brown Belt (2<sup>nd</sup> Kyu) to Brown Kyu (1<sup>st</sup> Kyu): minimum 50 classes and 6 months, 2 stripes. Test will include 10 rounds of kumite.*

*Brown Kyu (1<sup>st</sup> Kyu) to Shodan Ho: minimum 50 classes and 6 months, 2 stripes. Test will include 10 rounds of kumite.*

*Shodan Ho to Shodan: minimum 6 months to one year of consistent training. Test will include 10 rounds of kumite.*