

3rd Kyu (Sankyu) Brown to 2nd Kyu (Nikyu) Brown Belt

Stripe Guidelines

WHITE	50 Jumping Jacks, 20 Burpees, 25 Karate Leg Stretches, 60 Mountain Climbers, 35 Sit-ups, 30 Push-ups; Jog in place for 3 minutes
GREEN	Maki-Te Rolling Technique, "Dumping" Technique
BLUE	2 Self Defense Techniques (Brown Belt 1-2)
YELLOW	Yakusoko #2. Point Sparring (Light contact to the side of the head)
BLACK	Ananku Dai
RED	Leadership: Teamwork & Communication & Self Control
ORANGE	Optional - Special Projects, Advanced Activities

Basic Test Requirements

Exercises

Basics

Yakusoko #2

Ananku Dai

2 Self Defense Techniques (Brown Belt 1-2)

Drills involving sweeps, takedowns, falls may be included

Test Sparring

Details:

Brown Belt 1 – Backfist Block A,B, &C.

Brown Belt 2 – Inside Block, Shuto Block/Strike, Elbow Strike.

Leadership (copy and complete the form in back of booklet to earn your stripe)

Teamwork – is working together to achieve a common positive goal.

All for one, and one for all.

Communication – is when you clearly and constructively express your thoughts and feelings to others using your words, body language, intensity, voice tone and inflection.

Self-Control – is when you avoid doing what you know you should avoid.