

2nd Kyu (Nikyu) Brown to 1st Kyu (Ikkyu) 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 4 minutes.
GREEN	Maki-Te Rolling Technique, "Dumping" Technique
BLUE	2 Self Defense Techniques (Brown Belt 3-4)
YELLOW	Yakusoku #4. Point Sparring
BLACK	Wankan
RED	Leadership: Honesty & Self-Esteem & Right Inner Attitude
ORANGE	Optional - Special Projects, Advanced Activities

Basic Test Requirements

Exercises

Basics

Yakusoku #4

Wankan

2 Self Defense Techniques (Brown Belt 3-4)

Drills involving arm locks, arm bars may be included

Point Sparring

Details:

Brown Belt 3 – Front Kick Step Out, High Punch, Close Punch

Brown Belt 4 – High Block, Backfist vs. Front Kick & High Punch.

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

Honesty – is being trustworthy, truthful, loyal, fair and sincere.

Self-Esteem – is having a sense of worth and value.

Right Inner Attitude – is maintaining an inner calm (mind like still water) despite any raging external chaos.