

1st Kyu (Ikkyu) Brown to Candidate Belt (Red/Brown)

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	Tai Sabaki (Body movement techniques), Open Hand Outside Block, Naihanchi Stance
BLUE	2 Self Defense Techniques (Brown Belt 5-6)
YELLOW	Fukugata Dai Ni Kumite . Point Sparring
BLACK	Naihanchi Shodan (P), Wanshu (P)
RED	Leadership: Strategy & Tactics & Relaxation & Persistence
ORANGE	Optional - Special Projects, Advanced Activities

Basic Test Requirements

Exercises

Basics

Fukugata Dai Ni Kumite

Naihanchi Shodan, Wanshu

2 Self Defense Techniques (Brown Belt 5-6)

Drills involving wrists locks, throws and takedowns may be included

Point Sparring

Details:

Brown Belt 5 – Pinan Godan Throw.

Brown Belt 6 – Brown Belt Front Kick Takedown.

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

Strategy & Tactics – are when you know clearly your objectives and you understand how to achieve them.

Relaxation – is when you let go of all unnecessary tension; physically, mentally and emotionally.

Persistence – is to stay focused and determined to succeed in spite of any opposition.