

BROWN BELT SYLLABUS

2nd KYU
Junior (6-8 Years)

KIHON KUMITE

3

BASIC SELF DEFENSE TECHNIQUES

9, 10

HAND TECHNIQUES

Enkei Chudan Gyaku Tsuki - Circular Knife Hand Block & Middle Reverse Punch

YAKUSOKU KUMITE

2

KICKS

Tobi Geri - Basic Jumping Kicks

KATA

Seido III
Gekisai Dai

Level Patches and Promotion:

To Receive Level 1 Patch:

- 2 Months training & 20 Classes minimum since last promotion

To Receive Level 2 Patch:

- 2 Months training & 20 Classes minimum since Level 1 Patch

To Receive Level 3 Patch:

- Review all previous material
- 2 Months training & 20 Classes minimum since Level 2 Patch

After receiving your third patch, you may take the next scheduled promotion. You **must** have your Chief Instructor's signature on promotion application.

BLOCKS

Juji Uke - Cross Block

STANCES

Kake Dachi - Hook Stance

Kuzure Heiko Dachi - Staggered Parallel Stance

KIHON KUMITE

4

YAKUSOKU KUMITE

3

BASIC SELF DEFENSE

1- 10 (Left Punch Coming)

INTERMEDIATE SELF DEFENSE

1, 2

KATA

Pinan IV

Yansu Kata

MISCELLANEOUS

Falling, Sweeping, And Rolling Techniques.

Level Patches and Promotion:

To Receive Level 1 Patch:

- 4Months training & 40 Classes minimum since last promotion

To Receive Level 2 Patch:

- 4 Months training & 40 Classes minimum since Level 1 Patch

To Receive Level 3 Patch:

- Review all previous material
- 4 Months training & 40 Classes minimum since Level 2 Patch