

# **BROWN BELT SYLLABUS**

**2nd KYU**  
**Junior (6-8 Years)**

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## **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

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# **ADV. BROWN BELT SYLLABUS**

**1st KYU**

**Junior (6-8 Years)**

## **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.**

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