

BROWN BELT SYLLABUS

2nd KYU

Youth (9-15 Years)

HAND TECHNIQUES

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

KICKS

Tobi Geri - Basic Jumping Kicks

BASIC SELF DEFENSE

1 - 10 (Left Punch Coming)

INTERMEDIATE SELF DEFENSE

3, 4

KIHON KUMITE

3

YAKUSOKU KUMITE

2

KATA

Seido III

Gekisai Dai

ADVANCED BROWN BELT SYLLABUS 1st KYU

Youth (9-15 Years)

HAND TECHNIQUES

Combination - Yonju Godo Kiba Dachi (45 degrees)

- #1 - Hiji Mawashi Ate - Roundhouse Elbow Strike
- Uraken Shomen Uchi - Inverted Fist Strike
- Gedan Barai - Lower Block
- Chudan Gyaku Tsuki - Middle Reverse Punch

STANCES

Kake Dachi - Hook Stance

Kuzure Heiko Dachi - Staggered Parallel Stance

Kata Hiza Dachi - One Knee Stance

INTERMEDIATE SELF DEFENSE

5, 6

KIHON KUMITE

4

YAKUSOKU KUMITE

3

KATA

Pinan IV

Seido IV

Yansu Kata

Falling, Sweeping, And Rolling Techniques.
