

## **FIRST DEGREE BROWN BELT**

(7<sup>th</sup> promotion : 8<sup>th</sup> BELT)

**TIME PERIOD:** Between 2 & 3 yrs.

### **1. TERMINOLOGY & EIGHT BASICS**

### **2. TECHNIQUES**

**Add finger takedowns**, plus all other techniques at this level must be even more perfected.

### **3. KATA**

A. ICHI KATA , ALL THREE SETS

B. KATA NI

C. PLURAL KATA

D. NUN-CHUCK KATA

E. STAFF KATA

F. **OWN KATA**- (At this level of promo **15 moves**) This will be your own kata that you will work on from now on until your black belt. It will have at least 45 moves and no more than 50. It can be a form kata or a weapons kata. You can not copy another style or another Karate clubs kata. You can take selected moves from these katas but not the entire form. These selected moves must be recognized in our style. Prepare to have the Kata in writing for next promo.

**G. BLIND FOLDED KATA ICHI (SET ICHI)**

### **4. JUDO (SHOULD PRACTICE JUDO FROM BOTH SIDES)**

A. ESCAPES: (Should practice on both sides)

B. SWEEPS (FRONT, INSIDE & INSIDE OUTSIDE)

C. SHOULDER THROW

D. DEEP HIP THROW

E. FRONT HIP THROW

F. FRONT SHORT HIP THROW

G. SIDE SHORT HIP THROW

H. BACK SHORT HIP THROW

I. COUNTERS:

1. STEP UP & STEP OUT COUNTER TO DEEP HIP THROW

2. ALL COUNTERS TO SHOULDER THROW SERIES

3. THREE COUNTERS TO SWEEP

J. ESCAPES FROM THE MOUNTED & GUARD POSITION

**5. CONTAINMENTS:** (At this Level you vary all techniques you have learned along with many different combinations), **50** FROM THE FRONT , SIDE AND BACK ATTACKS.

**6. ADDITIONAL MATERIAL:** Once you have passed this promotion you will be working towards your Black Belt. You will now start to work more extensively on teaching experience, perfecting all Katas, Judo moves as well as perfecting all hand & feet techniques. It is now more crucial that you attend as many classes as possible to acquire the number of teaching hours for your next promotion approved by the Sensei's & Master.

**7. KUMITE:** One student for 2 minutes controlled. Then two students at the same time defensive moves only.