



Brown Belt w / 2 Tips Test Requirements

<u>Techniques</u>			
Fighting Stance, Front Kick, Roundhouse Kick, Backfist, Reverse Punch Fighting Stance, Front Kick, Roundhouse Kick, Back Kick Fighting Stance, Reverse Punch, Step, Reverse Punch, Sweep Fighting Stance, Front Kick, Forefist Punch Fighting Stance, Forefist Punch, Reverse Punch, Step, Reverse Punch, Forefist Punch 1 st going forward then backward Crescent Step, Front Stance, Chest Block, then Crescent Step, Front Stance, Head Block then Crescent Step, Front Stance, Leg Block then Crescent Step, Catfoot Stance, Shuto Uke then Crescent Step, Front Stance, Nukite			
<u>Terms</u>			
Sensei - Teacher Kiai - Shout of Spirit Dojo - Training Hall Ichi - One Ni - Two San - Three She - Four Go - Five Roku - Six Shichi - Seven Hachi - Eight Ku - Nine Ju - Ten	Chudan Yoko Uke - Chest Block Zenkutsu Dachi - Front Stance Mai Geri - Front Kick Karate - Empty Hand Seiken - Forefist Rei - Bow Kata - Form Gyaku Zuki - Reverse Punch Age Uke - Head Block Shiko Dachi - Sumo Stance Musubi Dachi - V Stance Gedan Barai - Leg Block Mawashi geri - Roundhouse Kick	Neko Ashi Dachi - Catfoot Stance Gi - Uniform Nukite - Spearhand Shuto Uke - Knife Hand Ushiro Geri - Back Kick Uraken - Backfist Heiko Dachi - Parallel Stance Kumite - Fight Hajime - Begin Yame - Stop Haito - Ridgehand Kentsuki - Hammerfist Any from terminology section	
<u>Stances</u>	<u>Kicks</u>	<u>Punch / Strikes</u>	<u>Blocks</u>
Front Sumo V Catfoot Parallel	Front Back Roundhouse	Forefist Reverse Spearhand Backfist Ridgehand	Chest Head Leg Knife
<u>Kata</u>		<u>Kumite</u>	
Basic		Must spar against two Black Belts Perform 4 techniques against punch Perform 4 techniques against kick	
Pinan Nidan Pinan Shodan Pinan Sandan Pinan Yondan Pinan Godan Ju-Ni-No-Kata			
<u>Advanced</u>			
Juroku	Kusanku Dai	Bassai Dai	