



Brown Belt Test Requirements

Techniques

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

1st 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

Terms

Sensei - Teacher	Chudan Yoko Uke - Chest Block	Neko Ashi Dachi – Catfoot Stance
Kiai - Shout of Spirit	Zenkutsu Dachi - Front Stance	Gi - Uniform
Dojo - Training Hall	Mai Geri - Front Kick	Nukite - Spearhand
Ichi - One	Karate - Empty Hand	Shuto Uke – Knife Hand
Ni – Two	Seiken - Forefist	Ushiro Geri – Back Kick
San - Three	Rei - Bow	Uraken - Backfist
She - Four	Kata - Form	Heiko Dachi – Parallel Stance
Go - Five	Gyaku Zuki – Reverse Punch	Kumite - Fight
Roku - Six	Age Uke – Head Block	Hajime - Begin
Shichi - Seven	Shiko Dachi – Sumo Stance	Yame - Stop
Hachi - Eight	Musubi Dachi – V Stance	Haito - Ridgehand
Ku - Nine	Gedan Barai – Leg Block	Kentsuki - Hammerfist
Ju – Ten	Mawashi geri – Roundhouse Kick	Any from terminology section

<u>Stances</u>		<u>Kicks</u>		<u>Punch / Strikes</u>		<u>Blocks</u>	
Front	Sumo	Front		Forefist	Reverse	Chest	
V	Catfoot	Back		Spearhand		Head	
Parallel		Roundhouse		Backfist		Leg	
				Ridgehand		Knife	
<u>Kata</u>				<u>Kumite</u>			
<u>Basic</u>				Must spar against two Black Belts Perform 2 techniques against punch Perform 2 techniques against kick			
Pinan Nidan	Pinan Shodan						
Pinan Sandan	Pinan Yondan						
Pinan Godan	Ju-Ni-No-Kata						
<u>Advanced</u>							
Juroku							