



Rank Requirements – Brown Belt (Ikyu) [Black Belt Candidate]

BLOCKS

- SHUTO GEDAN UCHI BARAI - DOWN BLOCK OPEN HAND
- HARI UKE - BOW AND ARROW BLOCK
- KURI UKE - CIRCULAR ELBOW BLOCK
- URA KAKE UKE - BACK HAND HOOK
- KOSA UKE - CROSS BLOCK
- HIZA UKE - KNEE BLOCK (IN AND OUT)
- HIJI UKE - ELBOW BLOCK (IN AND OUT)
- SOKUTEI OSAE UKE - PRESS BLOCK (WITH SOLE OF FOOT)
- SOKUTEI HARAI UKE - SOLE OF FOOT
- HAIKOKU BARAI UKE - INSTEP BLOCK
- KOUKE - WRIST BLOCK

STRIKES

- TATE KEN ZUKI - VERTICAL PUNCH
- FURI SUTE - WHIP SWING
- FURI ZUKE - CIRCULAR SWING PUNCH
- FURI TATE ZUKE - SWING VERTICAL PUNCH
- NEGASHI ZUKI - LEADING PUNCH

KICKS

- MAE TOBI GERI - FRONT JUMPING KICK
- YOKO TOBI GERI - SIDE JUMPING KICK
- USHIRO TOBI GERI - BACK JUMPING KICK
- MAWASHI TOBI GERI - ROUND JUMPING KICK

- USHIRO MAWASHI GERI - BACK ROUNDHOUSE KICK
- LEG SWEEPS FRONT AND BACK
- BREAKING AWAY TECHNIQUES
- JOINT LOCKING AND BREAKING
- PUSHING OFF TECHNIQUES
- SWEEPS/FLOOR FIGHTING

KATAS

- SANCHIN - THREE BATTLES
- NUNCHAKU FIFTH FORM - DOUBLE OPPOSITE FORWARD & REVERSE HOLD
- NUNCHAKU SIXTH FORM – SPECIALIZED TECHNIQUE

KUMITE

- ALL KUMITE REQUIRED
- IAI KUMITE (FROM KNEELING POSITION)

STAMINA

Blocks and strikes: 300

Pushups:

- Fingertips Four fingers together no thumb: hold for 2 seconds.
- *First fingers no thumb: hold for 1 seconds. (**not a requirement**)*

Fingertips lifting each finger as you complete the set:

- Five fingers: 5
- Four fingers: 5
- Three fingers: 5
- Two fingers: 5
- Thumb: 5

One arm: 15 each arm

15 wrist flips

Chin/Chest/Abdomen: 25

Rowing: 25

Squat kicks: 50

Jumping jacks: 200

Sit-up: 200

Sitting presses:

- Be able to raise your body off the ground and balance for 5 seconds.

Leg crosses

- On back: 50
- Sitting up: 50

Handstand against the wall

- Hold handstand on fingertips and accomplish 25 pushups.

Board Breaking

Weight	Requirement
119 lbs. and lighter	2 boards, 2 direction
120 lbs. to 139 lbs.	3 boards, 1 direction and 2 boards, 1 direction
140 lbs. and heavier	3 boards, 2 direction or 3 boards, 1 direction and 2 board, 2 directions
Attempts	4 total trials, no practice aims after bowing

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