

Advanced Testing Curriculum

Adv. Red Belt Test Curriculum

Brown Belt Test Curriculum

Adv. Brown Belt Test Curriculum

Kata (Forms)	Kata (Forms)	Kata (Forms)
<ul style="list-style-type: none"> • Mijikai Kanshu w/ Pretation Protocol 	<ul style="list-style-type: none"> • Kanshu w/ Pretation Protocol 	<ul style="list-style-type: none"> • Sanchin • Kanshiwa • Kanshu w/ Pretation Protocol

Ukemi (Ground Concepts)	Ukemi (Ground Concepts)	Ukemi (Ground Concepts)
<ul style="list-style-type: none"> • Ukemi No Kata Ichi 	<ul style="list-style-type: none"> • Ukemi No Kata Ni 	<ul style="list-style-type: none"> • Sprawl • Double-Leg Takedown

Impact Training	Impact Training	Impact Training
<ul style="list-style-type: none"> • Jab (1) • Reverse Punch (2) • Reverse Elbow (4) • Rear Round Kick 	<ul style="list-style-type: none"> • Palm Slap (3) • Jab, Reverse Punnch (1, 2) • Switch Leg Round Kick • Rear Leg Knee 	<ul style="list-style-type: none"> • 1, 2, 1, Rear Round Kick • 1, 2, Switch Leg Round • 3, Low Rear Round Kick

Terminology & Culture	Terminology & Culture	Terminology & Culture
<ul style="list-style-type: none"> • See Question & Answer Sheet 	<ul style="list-style-type: none"> • See Question & Answer Sheet 	<ul style="list-style-type: none"> • See Question & Answer Sheet

Athletic Conditioning	Athletic Conditioning	Athletic Conditioning
Jumping Jacks, Mountain Climbers, Wall Sit, Plank, Bear Crawl, Lunges, High Press Pose		