

# CURRICULUM REQUIREMENTS

## Sankyu / Brown Belt



### Hojo Undo

- Complete

### Kata (Form)

- Sanchin
- Seichin

### Body Conditioning

- Forearm Conditioning: Delivery & Receiving Mechanics
- Leg Conditioning: Delivery & Receiving Mechanics

### Yakusoku Kumite

- Sequences #1-9 (with partner)

### Sparring

- Two 2-Minute Rounds

### Terminology & Culture

- See Questions & Answers Sheet

# KNOWLEDGE REQUIREMENTS

## Sankyu / Brown Belt



What are the 10 exercises in Junbi Undo?	<ol style="list-style-type: none"><li>1. Heel Pivots</li><li>2. Heel Lifting</li><li>3. Knee and Ankle Rotations</li><li>4. Knee Circles</li><li>5. Leg Lifting and Turning</li><li>6. Straight Leg Swinging</li><li>7. Torso Rotations</li><li>8. Waist Scooping</li><li>9. Double Arm Thrusting</li><li>10. Neck Rotations</li></ol>
What rank are you testing for?	Sankyu