



# Warrior Karate Academy

## Junior Brown Belt Test Study Sheet

### **Stances**

1. Inner Figure 8 Stance
2. Outer Figure 8 Stance
3. Any Previous Stance

### **Hand Techniques**

1. Trapping Block
2. Any Previous Block

### **Foot Techniques**

1. Demonstrate the entire diamond
2. Execute a kick from the diamond moving forward
3. Execute a kick from the diamond moving backward
4. Move forward and backward from side and front stances

### **Combos**

1. Front Kick - Jab - Cross- Step in Side Kick
2. Jab - Cross - Hook Punch - Front Kick - Back Kick
3. Spinning Back Kick - Spinning Hook Kick - Low Block - Middle Punch - High Punch

### **History/Tradition**

1. Oyama's Motto #2  
"Following the martial way is like scaling a cliff. Continue upwards without rest. It demands absolute and unfaltering devotion to the task at hand."

### **Katas**

1. Heian Yondan
2. Any previous kata