

# Junior Brown Belt + Stripe | Ikkyu

## General Requirements

### Objectives

Apply techniques in rapidly changing conditions without conscious thought or restricted flow. Demonstrate excellent conflict and aggression management with level mindset and calm decision-making. Inspire others to serve unselfishly and seek ways to build community capacity for kindness. Develop consistent habits for lifelong learning.

### Exercises | Kisotairyoku

- 65 Push-ups
- 60 Sit-ups
- 60 Squats

### Stances | Dachi

- No new stances

### Punches and Strikes | Tsuki, Uchi

- Hooking strike | Furi uchi

### Blocks | Uke

- Hook block: Upper, middle | Kake uke: Jodan, chudan
- Knee block | Hiza uke

### Kicks | Keri

- Jumping front kick | Tobi mae geri
- Jumping double front kick | Tobi nidan geri
- Jumping side kick | Tobi yoko geri
- Jumping round kick | Tobi mawashi geri

### Combinations and Motion | Ido Geiko, Renraku

- Instructor choice with expert complexity, multiple stances, standing and in motion

### Forms | Kata

- Safe from Harm/Peaceful Mind 5 | Pinan Go

### Weapons | Kobuto

- Nunchaku Ichi, Ni, San, Yon | Tate

## Self Defense | Goshin Jutsu

- Spinning heel kick defense
- All prior self-defense | Multiple level 2 follow-through techniques

## Rolls and Fall | Ukemi

- All previous techniques with adaptability, precision, and effectiveness without thought

## Throws | Nage

- Big hip throw | Ogoshi
- Single shoulder throw | Ippon seoi nage

## Fighting | Kumite

- 10 Fights

## Terminology

- Third line of Dojo Oath in Japanese  
*Hitotsu, wareware wa, shitsujitsu gōken o motte, kokki no seishin o kanyo suru koto.*

## Other Requirements

- Can explain how to execute variety of karate techniques with deep understanding.

## Code of Conduct

- Can explain conduct expected of all Kyokushin students as well as **Bushido Code** including **7 Virtues of a Warrior**, **5 States of Health**, and **3 States of Mind**.

## Journal