

## Nikyu | Brown Belt

### Requirements

Minimum training time since 3<sup>rd</sup> kyu grading: **60 hours**

**Primary Objectives:** Student is expected to be highly competent in technique, kata, and kumite, and be able to instruct a full training session.

In addition to improved previous requirements:

### Exercises

60 Push-ups

90 Sit-ups

80 Squats

### Strikes

Hiraken Tsuki (cat's paw strike) | Jodan

Hiraken Oroshi Uchi (descending flat fist strike) | Soto and Uchi

Hiraken Mawashi Uchi (round flat fist strike)

Haishu Uchi (back hand block)

Haito Uchi (ridge hand strike)

### Blocks

Koken Uke (wrist joint block) | Jodan, Chudan, Gedan

Haito Uchi Uke (inside ridge hand block) | Jodan, Chudan, Gedan

### Kicks

Tobi Mae Geri (jumping front kick)

Tobi Nidan Geri (jumping double front kick)

Tobi Yoko Geri (jumping side kick)

Tobi Mawashi Geri (jumping round kick)

### Stances

No New Stances

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### Grade Combinations

In Shizentai Dachi each step: Oi Tsuki, Gyaku Tsuki, Furi Uchi, Shita Tsuki (this is commonly known as the Kyokushin combination).

In Kokutsu Dachi each step: front leg Jodan Mawashi Geri, Jodan Oi Tsuki, Chudan Gyaku Tsuki, rear leg Jodan Mawashi Geri and step forward.

Gohon Geri: (in Shizentai Dachi, step forward with each kick, all kicks from rear leg) (1) Jodan Mawashi Geri, (2) Jodan Ushiro Mawashi Geri, (3) Jodan Mae Geri, (4) Jodan Mawashi Geri, (5) Jodan Ushiro Mawashi Geri.

### Ido Geiko

#### Ido Geiko Ku

- Step 1. Step Ura into Zenkutsu Dachi with Chudan Morote Tsuki, retract your rear hand and execute Jodan Gyaku Tsuki, Gedan Oi Tsuki and Chudan Gyaku Tsuki.
- Step 2. Step Ura into Zenkutsu Dachi: Jodan Uke/Chudan Gyaku Tsuki, Soto Uke/Chudan Gyaku Tsuki, Uchi Uke/Chudan Gyaku Tsuki, Gedan Barai/Chudan Gyaku Tsuki.
- Step 3. With your back leg execute Chudan Mae Geri, Ushiro Geri, turn 180 degrees clockwise and Gedan Mawashi Geri (all with the same leg) into Moro Ashi Dachi.
- Step 4. Turn into Zenkutsu Dachi with Shuto Kubi Uchi on the front hand and Shuto Ganmen Uchi with the back hand

### Kata

Saiha (extreme destruction)

Tensho (rotating palms)

### Weapons

Tokamine No Kun Bo (staff form three)

Tonfa Basic Techniques (melee)

Nunchaku Ichi, Ni, San, Yon (joined two stick forms one, two, three, four) | Ura

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### Self Defense

Knife Attack Defense (Front Hand Slash, Back Hand Slash, Uppercut Stab, Psycho Stab, Straight Stab)

Spinning Heel Kick Defense

All Prior Self-Defense with Level 2 Follow-Through Techniques

Basic Jiu-jitsu Chokes

Basic Jiu-jitsu Shoulder and Ankle Locks

### Throws

Kata Garuma (shoulder wheel throw)

### Kumite

10 Bare Fist Fights