

Ikkyu | Brown Belt + Stripe

General Requirements

Minimum training time since 2nd kyu grading: **80 hours**

Objectives:

Student should now be showing signs of advanced development and control of more difficult techniques.

Exercises | Undou

- 65 Push-ups**
- 65 Sit-ups**
- 65 Squats**

Stances | Dachi

- No New Stances

Punches and Strikes | Tsuki, Uchi

- Dragon's head fist strike | Ryoto Ken Tsuki | Jodan, Chudan
- Middle finger knuckle fist | Nakayubi Ippon Ken | Jodan
- Thumb knuckle strike | Oyayubi Ippon Ken | Jodan
- Sword peak hand strike | Toho Uchi
- Chicken beak hand strike | Keiko Uchi

Blocks | Uke

- Hooking block | Kake Uke | Jodan, Chudan
- Knee block | Hiza Uke

Kicks | Keri

- No New Kicks

Fighting Motion | Kumite Renraku (In Shizentai Dachi)

All combinations performed from the same spot (the leg is described as "front" or "rear" for the stance you are in immediately before the technique listed).

1. Front leg Uchi Mawashi Geri and return to front.
2. Front leg Jodan Mawashi Geri and return to front.
3. Retract front leg to the rear.

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4. With your rear leg Jodan Ushiro Mawashi Geri and put it in front.
5. With your rear leg Ushiro Mawashi Geri and return leg to the rear.
6. With your rear leg Jodan Mawashi Geri and step forward.

Nanahon Geri

(All kicks executed with same leg and the leg must not touch the floor until after the last kick)

1. Mae Keage
2. Uchi Mawashi Geri
3. Soto Mawashi Geri
4. Mae Yoko Geri
5. Ushiro Geri
6. Mae Geri
7. Mawashi Geri

Combinations | Ido Geiko

- Instructor choice, both stances and techniques

Forms | Kata

- Turning Palms | Tensho
- Three Battles/Turning Palms | Sanchin-Tensho
- Four way Turning Palms | Entensho

Weapons | Kobudo

- Melee Form 2 | Tonfa Ni
- Melee Form 3 | Tonfa San
- 3-Pointed Melee Basics | Sai
- Sword Basics | Iaido

Self Defense | Goshin Jutsu

- Gun Attack Defense | Front, Side, Behind, At Distance
- All Prior Self-Defense | Multiple Level 2 Follow-Through Techniques with Flow
- Free-Form Jiu-jitsu | Different Sized Opponents

Throws | Nage

- All Prior Throws with Balance, Precision, and Control
- Level 2 Follow-Through for All Throws

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Fighting | Kumite

- 13 Bare Fist Fights

Terminology

- No new terms

Other Requirements

- Student must be able to demonstrate an in-depth understanding of the technical aspects of Karate and be able to teach these to other students.
- Demonstrate a working understanding of counters, tactics, and follow-up techniques.
- Demonstrate an ability to fluidly adapt to new situations.

Code of Conduct

- Possess a mature state of mind.
- Respect the trust that lower kyus bestow and respond to them with integrity.
- Behave in a manner that respectfully reflects the Dojo and values it teaches.

“In the martial arts, introspection begets wisdom. Always see contemplation on your actions as an opportunity to improve.” – **Mas Oyama**

Journal

At a minimum, reflect on:

1. What has gone well
2. What has not gone well
3. What you need to do to improve