

Nikyu | Brown Belt

General Requirements

Minimum training time since 3rd kyu grading: **60 hours**

Objectives:

Improvement in all previous requirements and development of teaching skills to lower kyus

Exercises | Undou

- 60 Push-ups**
- 60 Sit-ups**
- 60 Squats**

Stances | Dachi

- No New Stances

Punches and Strikes | Tsuki, Uchi

- Cat's paw strike | Hiraken Tsuki | Jodan
- Descending flat fist strike | Hiraken Oroshi Uchi | Soto and Uchi
- Round flat fist strike | Hiraken Mawashi Uchi
- Back hand block | Haishu Uchi
- Ridge hand strike | Haito Uchi

Blocks | Uke

- Wrist joint block | Koken Uke | Jodan, Chudan, Gedan
- Inside ridge hand block | Haito Uchi Uke | Jodan, Chudan, Gedan

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

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.

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- 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.

Combinations | Ido Geiko

- Instructor choice, both stances and techniques

Forms | Kata

- Maximum Destruction | Saifa
- Minor Conquer and Occupy | Gekisai Sho

Weapons | Kobudo

- Melee Basic Techniques | Tonfa
- Melee Form 1 | Tonfa Ichi

Self Defense | Goshin Jutsu

- 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 | Nage

- Shoulder wheel throw | Kata Garuma

Fighting | Kumite

- 12 Bare Fist Fights

Terminology

- Hello, class | Mina san konnichi wa
- Training | Keiko
- Start | Hajime masu
- Stand up please | Tate kudasai
- Line up | Sei retsu
- Each other | Otagai
- Thank you (formal) | Arigato gozai mashita

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- You're welcome | Do itashi mashite
- Grant me the pleasure | Onegai shimasu
- Goodbye | Sayo nara

Other Requirements

- Student is expected to be highly competent in technique, kata, and kumite.
- Student should be able to instruct a full training session.

Code of Conduct

“One living daily in the Way carries their head low and their eyes high; reserved in speech and possessing a kind heart, they steadfastly continue in their training efforts.” – **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