

Junior Brown Belt | Nikyu

General Requirements

Objectives

Apply techniques in rapidly changing conditions without obvious conscious thought. Effectively transition between techniques with little hesitation or restriction. Demonstrate advanced 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 fundamental habits for lifelong learning.

Exercises | Kisotairyoku

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

Stances | Dachi

- Hook stance | Kake dachi

Punches and Strikes | Tsuki, Uchi

- Back hand strike | Haishu uchi
- Ridge hand strike | Haito uchi

Blocks | Uke

- Inside ridge hand block: Upper, middle, lower | Haito uchi uke | Jodan, chudan, gedan

Kicks | Keri

- Inside descending heel kick | Uchi oroshi kakato geri
- Outside descending heel kick | Soto oroshi kakato geri

Combinations and Motion | Ido Geiko, Renraku

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

Forms | Kata

- Safe from Harm, Peaceful Mind 4 | Pinan Yon

Weapons | Kobuto

- Nunchaku Ichi, Ni, San, Yon | Ura

Self Defense | Goshin Jutsu

- Tough guy collar grab | Single and double

- All prior self-defense with controlled level 2 follow through techniques

Rolls and Fall | Ukemi

- All previous techniques with high adaptability, precision, and effectiveness

Throws | Nage

- Side sacrifice throw | Uki waza

Fighting | Kumite

- 9 Fights

Terminology

- Second line of Dojo Oath in Japanese
Hitotsu, wareware wa, bu no shinzui o kiwame, ki ni hasshi, kan ni bin naru koto.

Other Requirements

- High competency in all prior kata, weapons, self-defense, and kumite techniques.

Code of Conduct

- Sosai Oyama Motto 9 | Martial Arts begin with a point and end in a circle. Straight lines stem from this principal.
- Sosai Oyama Motto 10 | The true essence of the Martial Way can only be realized through experience. Knowing this, learn never to fear its demand.
- Sosai Oyama Motto 11 | Always remember, in the Martial Arts, the rewards of a confident and grateful heart are truly abundant.

Journal