

Ikkyu | Brown Belt + Stripe

Requirements

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

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

In addition to improved previous requirements:

Exercises

65 Push-ups

95 Sit-ups

85 Squats

Strikes

Ryoto Ken Tsuki (dragon's head fist strike) | Jodan, Chudan

Nakayubi Ippon Ken (middle finger knuckle fist) | Jodan

Oyayubi Ippon Ken (thumb knuckle strike) | Jodan

Toho Uchi (sword peak hand strike)

Keiko Uchi (chicken beak hand strike)

Blocks

Kake Uke (hooking block) | Jodan, Chudan

Hiza Uke (knee block)

Kicks

No New Kicks

Stances

No New Stances

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).

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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.
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.

Ido Geiko

Ido Geiko Ju

- Step 1. From Zenkutsu Dachi step into Moro Ashi Dachi and execute the advanced version of the Kyokushin Combination.
- Step 2. Step through into Kokutsu Dachi: Jodan Koken Uke, Gedan Koken Uke, Chudan Uchi Koken Uke, Chudan Soto Koken Uke, Jodan Maswshi Koken Uchi, all with the front hand.
- Step 3. Execute Tobi Mae Geri with the front leg, then the back leg and the Tobi Nidan Geri, landing in Moro Ashi Dachi.
- Mawatte in Moro Ashi Dachi: Osai Uke. Chudan Yohon Nukite.

Kata

Sanchin-Tensho (three battles/rotating palms form)

Entensho (four-way rotating palms form)

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Weapons

Tonfa Ichi (melee form one)

Tonfa Ni (melee form two)

Tonfa San (melee form three)

Self Defense

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

All Prior Throws with Balance, Precision, and Control

Level 2 Follow-Through for All Throws

Kumite

12 Bare Fist Fights