

# Athens Yoshukai Handbook

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## About Yoshukai

Yoshukai karate is a traditional Okinawan martial art founded by Grandmaster Katsuoh Yamamoto. Athens Yoshukai Karate is an official branch dojo of the World Yoshukai Karate Kobudo Organization (WYKKO), the only Yoshukai organization in the United States recognized by Grandmaster Yamamoto.

Karate was formally brought to Japan from Okinawa in 1921 by Gichin Funakoshi (the founder of Shotokan karate). Also travelling from Okinawa at this time was Dr. Tsuyoshi Chitose, who had studied under numerous martial arts masters in Okinawa. In 1921, Dr. Chitose studied medicine in Tokyo and worked with Gichin Funakoshi in opening a Shotokai dojo in Tokyo. After World War II, Dr. Chitose founded Chito-Ryu karate and helped to formalize karate in Japan. One of Dr. Chitose's top students, Mamoru Yamamoto, was a fighting champion in Japan and earned his 8<sup>th</sup> degree black belt in Chito-Ryu karate. Master Yamamoto thereafter asked to form his own style, and Dr. Chitose asked him to call it Yoshukai, meaning 'Training Hall of Continued Improvement'. Master Yamamoto formed Yoshukai Karate in 1963, bringing many senior students with him, including Mike Sadler, Mike Foster, Ray Nichols, and Yuki Koda. In 1977, Master Yamamoto changed his name to Katsuoh. In 1979, he fought a tiger with a bo staff.

In the mid 1960s, Mike Foster came to the United States to teach Yoshukai karate. A year or two later, Master Yamamoto sent Yuki Koda to the US to confirm that the US instructors were teaching correct Yoshukai. In the mid 1970s, Mike Foster, Ray Nichols, and Yuki Koda disagreed about the direction of US Yoshukai. Mike Foster formed his own style- Yoshukai International Karate. Ray Nichols formed IKF Yoshukai Karate. Yuki Koda continued with US Yoshukai Karate, with Master Yamamoto's blessing. In 1997, Yuki Koda passed away. In accordance with his wishes, US Yoshukai was then directed by his son, David Koda. However, Master Yamamoto indicated that the organization should be run by the highest-ranked Yoshukai karateka in the US at the time, Master Toyama and Shihan Culbreth. As such, Master Yamamoto, Master Toyama, and Shihan Culbreth organized the World Yoshukai Karate Kobudo Organization.

In the late 1970s, Gerry Blanck began training under Master Toyama in Pensacola, Florida. He thereafter moved to Los Angeles, California and founded his own dojo, Gerry Blanck's Martial Arts Center. In 1992, Erik Hofmeister began training with Sensei Blanck. Sensei Hofmeister formed Athens Yoshukai Karate in May of 2006 with three students- Ken Blumreich, Sherrie Hines, and Nate Dembkowski.

Yoshukai Karate is a karate-do, which means "empty hand way of life." Learning Yoshukai requires more than merely learning techniques and style. Spirit, dedication, determination, wisdom, and enthusiasm are key qualities which students develop while studying Yoshukai. Yoshukai employs a variety of weapons, including the nunchaku, bo, sai, tonfa, and katana. Yoshukai emphasizes personal achievement rather than forcing a student to compete with others.

## **About This Handbook**

This handbook is intended to serve as a supplement to the training that you will receive in class. The book lists the specific rank requirements necessary to promote in Yoshukai at Athens Yoshukai.

The rank requirements in this book are cumulative for each rank. Techniques that are new for a given rank are highlighted in gray.

# White Belt (10<sup>th</sup> Kyu) Testing to Yellow Belt (8<sup>th</sup> Kyu) Requirements

## ***Time in Rank***

- White Belts testing to Yellow Belt should have three months time in rank, and a minimum of 20 class hours of attendance.

## ***White Belt Forms (Kata)***

- Twenty-Seven Movements (Ni Ju Shichi No Kata)
- First Basic Form (Kihon Kata Shodan)

## ***White Belt Stances (Tachi)***

Note – Beginning students will learn a wide variety of different stances. The following stances are the ones that new students should focus on most at this rank.

- Front Stance (Zenkusudachi)
- Ready Stance (Uchihachiji)
- Defensive Straddle Stance (Boubi Shikodachi)
- Attention Stance (Musobidachi)
- Forward Stance (Mae Dachi)

## ***White Belt Blocks (Uke)***

- Down Block (Gedan Uke)
- Inside Center Block (Chuudan Uchi Uke)
- Outside Center Block (Chuudan Soto Uke)
- Upper Block (Jodan Uke)

## ***White Belt Strikes (Atemi)***

- Form a proper fist (Seiken)
- Upper Punch (Jodan Tsuke)
- Center Punch (Chuudan Tsuke)
- Down Punch (Gedan Tsuke)
- Shoulder Punch

- Pivot Punch
- Triple Punch

### ***White Belt Kicks (Keri)***

- Front Kick (Mae Geri)
- Round Kick (Mawashi Geri)
- Side Kick (Yoko Geri)

### ***White Belt One-Step Sparring (Ippon Kumite)***

- Ippon Kumite One

### ***White Belt Combinations***

- Front kick, land forward, round kick, land forward.
- Round kick, land forward, skip side kick, land forward.
- Step forward into fudodachi, execute a down block. Turn into zenkusudachi with reverse punch.

### ***White Belt Sparring***

- Freestyle sparring, at least two two-minute matches.

### ***White Belt Board Breaking***

- One Hand Technique
- One Foot Technique

### ***White Belt Self Defense***

- None needed.

### ***White Belt Teaching***

- None needed.

### ***White Belt Falling***

- None needed.

### ***White Belt Terminology***

- See website

### ***White Belt Equipment Requirements***

- None

### ***White Belt Miscellaneous Requirements***

- None

# Yellow Belt (8<sup>th</sup> Kyu) Testing to Yellow Belt (7<sup>th</sup> Kyu) Requirements

## ***Time in Rank***

- 8<sup>th</sup> kyu yellow belts testing to 7<sup>th</sup> kyu yellow belt should have three months time in rank, and a minimum of 20 class hours of attendance.

## ***8<sup>th</sup> Kyu Yellow Belt Forms (Kata)***

- Twenty-Seven Movements (Ni Ju Shichi No Kata)
- First Basic Form (Kihon Kata Shodan)
- Second Basic Form (Kihon Kata Nidan)
- Third Basic Form (Kihon Kata Sandan)

## ***8<sup>th</sup> Kyu Yellow Belt Stances (Tachi)***

- Front Stance (Zenkusudachi)
- Ready Stance (Uchihachiji)
- Defensive Straddle Stance (Boubi Shikodachi)
- Attention Stance (Musobidachi)
- Forward Stance (Mae Dachi)
- Scissor Stance (Hasamidachi)
- Offensive Straddle Stance (Kougeki Shikodachi)

## ***8<sup>th</sup> Kyu Yellow Belt Blocks (Uke)***

- Down Block (Gedan Uke)
- Inside Center Block (Chuudan Uchi Uke)
- Outside Center Block (Chuudan Soto Uke)
- Upper Block (Jodan Uke)
- Knifehand Block (Shuto Uke)
- Palm Heel Block (Shote Uke)
- Ridgehand Block (Haito Uke)

## ***8<sup>th</sup> Kyu Yellow Belt Strikes (Atemi)***

- Form a proper fist (Seiken)
- Upper Punch (Jodan Tsuke)
- Center Punch (Chuudan Tsuke)
- Down Punch (Gedan Tsuke)
- Shoulder Punch
- Pivot Punch
- Triple Punch
- Knifehand (Shuto)
- Backfist (Uraken)
- Palm Strike (Shote)
- Ridge Hand (Haito)
- Elbow Strike (Embi)
- Knee Strike (Hiza)
- Hammerfist (Tsutsuken)

### **8<sup>th</sup> Kyu Yellow Belt Kicks (Keri)**

- Front Kick (Mae Geri)
- Round Kick (Mawashi Geri)
- Side Kick (Yoko Geri)
- Inside/Outside Crescent Kick (Uchi/Soto Ko Geri)
- Jump Front Kick (Nidan Geri)
- Flying Side Kick (Tobi Yoko Geri)

### **8<sup>th</sup> Kyu Yellow Belt One-Step Sparring (Ippon Kumite)**

- Ippon Kumite One
- Ippon Kumite Two

### **8<sup>th</sup> Kyu Yellow Belt Combinations**

- Front leg front kick, rear leg front kick, set it forward and reverse punch
- Round kick, set it forward, skip behind side kick, set it forward, backfist
- Slide forward jab, reverse punch

### **8<sup>th</sup> Kyu Yellow Belt Sparring**

- Freestyle sparring, at least three two-minute matches.



### ***8<sup>th</sup> Kyu Yellow Belt Board Breaking***

- Two different Foot Techniques

### ***8<sup>th</sup> Kyu Yellow Belt Self Defense***

- None needed.

### ***8<sup>th</sup> Kyu Yellow Belt Teaching***

- Lead at least one warmup session

### ***8<sup>th</sup> Kyu Yellow Belt Falling***

- None needed.

### ***8<sup>th</sup> Kyu Yellow Belt Terminology***

- See website

### ***8<sup>th</sup> Kyu Yellow Belt Equipment Requirements***

- Mouthpiece

### ***8<sup>th</sup> Kyu Yellow Belt Miscellaneous Requirements***

- None

# Yellow Belt (7<sup>th</sup> Kyu) Testing to Blue Belt (6<sup>th</sup> Kyu) Requirements

## ***Time in Rank***

- 7<sup>th</sup> kyu yellow belts testing to 6<sup>th</sup> kyu blue belt should have three months time in rank, and a minimum of 20 class hours of attendance.

## ***7<sup>th</sup> Kyu Yellow Belt Forms (Kata)***

- Twenty-Seven Movements (Ni Ju Shichi No Kata)
- First Basic Form (Kihon Kata Shodan)
- Second Basic Form (Kihon Kata Nidan)
- Third Basic Form (Kihon Kata Sandan)
- Fourth Basic Form (Kihon Kata Yondan)
- Advancing and Retreating (Zenshin Kotai)

## ***7<sup>th</sup> Kyu Yellow Belt Stances (Tachi)***

- Front Stance (Zenkusudachi)
- Ready Stance (Uchihachiji)
- Defensive Straddle Stance (Boubi Shikodachi)
- Attention Stance (Musobidachi)
- Forward Stance (Mae Dachi)
- Scissor Stance (Hasamidachi)
- Offensive Straddle Stance (Kougeki Shikodachi)
- One Legged Stance (Ippon Ashidachi)
- Parallel Stance (Heikodachi)

## ***7<sup>th</sup> Kyu Yellow Belt Blocks (Uke)***

- Down Block (Gedan Uke)
- Inside Center Block (Chuudan Uchi Uke)
- Outside Center Block (Chuudan Soto Uke)
- Upper Block (Jodan Uke)
- Knifehand Block (Shuto Uke)
- Palm Heel Block (Shote Uke)
- Ridgehand Block (Haito Uke)

- Elbow Block (Embi Uke)
- Knee Block (Hiza Uke)

### ***7<sup>th</sup> Kyu Yellow Belt Strikes (Atemi)***

- Form a proper fist (Seiken)
- Upper Punch (Jodan Tsuke)
- Center Punch (Chuudan Tsuke)
- Down Punch (Gedan Tsuke)
- Shoulder Punch
- Pivot Punch
- Triple Punch
- Knifehand (Shuto)
- Backfist (Uraken)
- Palm Strike (Shote)
- Ridge Hand (Haito)
- Elbow Strike (Embi)
- Knee Strike (Hiza)
- Hammerfist (Tsutsuken)
- Back Hand (Haisho)

### ***7<sup>th</sup> Kyu Yellow Belt Kicks (Keri)***

- Front Kick (Mae Geri)
- Round Kick (Mawashi Geri)
- Side Kick (Yoko Geri)
- Inside/Outside Crescent Kick (Uchi/Soto Ko Geri)
- Jump Front Kick (Nidan Geri)
- Flying Side Kick (Tobi Yoko Geri)
- Forward Spinning Side Kick (Zempou Yoko Geri)
- Shin Kick (Sune Geri)

### ***7<sup>th</sup> Kyu Yellow Belt One-Step Sparring (Ippon Kumite)***

- Ippon Kumite One
- Ippon Kumite Two
- Ippon Kumite Three

### ***7<sup>th</sup> Kyu Yellow Belt Combinations***

- Slow motion kicks.
- Slide forward backfist, reverse punch, round kick.
- Step forward downblock in fudodachi, reverse punch into zenkusudachi, spin forward side kick.
- Outside crescent kick, front kick, step forward.

### ***7<sup>th</sup> Kyu Yellow Belt Sparring***

- Freestyle sparring, at least two two-minute matches.
- Able to describe freestyle sparring rules
- Point sparring, at least one two-minute match.

### ***7<sup>th</sup> Kyu Yellow Belt Board Breaking***

- One Foot Technique
- One Hand Technique
- Flying Side Kick or Jump Front Kick

### ***7<sup>th</sup> Kyu Yellow Belt Self Defense***

- None needed.

### ***7<sup>th</sup> Kyu Yellow Belt Teaching***

- Lead at least one warmup session.

### ***7<sup>th</sup> Kyu Yellow Belt Falling***

- None needed.

### ***7<sup>th</sup> Kyu Yellow Belt Terminology***

- See website

### ***7<sup>th</sup> Kyu Yellow Belt Equipment Requirements***

- Mouthpiece

## ***7<sup>th</sup> Kyu Yellow Belt Miscellaneous Requirements***

- None

# Blue Belt (6<sup>th</sup> Kyu) Testing to Blue Belt (5<sup>th</sup> Kyu) Requirements

## ***Time in Rank***

- 6<sup>th</sup> kyu blue belts testing to 5<sup>th</sup> kyu blue belt should have three months time in rank, and a minimum of 20 class hours of attendance.

## ***6<sup>th</sup> Kyu Blue Belt Forms (Kata)***

- Twenty-Seven Movements (Ni Ju Shichi No Kata)
- First Basic Form (Kihon Kata Shodan)
- Second Basic Form (Kihon Kata Nidan)
- Third Basic Form (Kihon Kata Sandan)
- Fourth Basic Form (Kihon Kata Yondan)
- Advancing and Retreating (Zenshin Kotai)
- Fighting to the Four Directions (ShiHoHai)
- Basic Nunchaku Form (Kihon Kata Nunchaku)

## ***6<sup>th</sup> Kyu Blue Belt Stances (Tachi)***

- Front Stance (Zenkusudachi)
- Ready Stance (Uchihachiji)
- Defensive Straddle Stance (Boubi Shikodachi)
- Attention Stance (Musobidachi)
- Forward Stance (Mae Dachi)
- Scissor Stance (Hasamidachi)
- Offensive Straddle Stance (Kougeki Shikodachi)
- One Legged Stance (Ippon Ashidachi)
- Parallel Stance (Heikodachi)

## ***6<sup>th</sup> Kyu Blue Belt Blocks (Uke)***

- Down Block (Gedan Uke)
- Inside Center Block (Chuudan Uchi Uke)
- Outside Center Block (Chuudan Soto Uke)
- Upper Block (Jodan Uke)
- Knifehand Block (Shuto Uke)

- Palm Heel Block (Shote Uke)
- Ridgehand Block (Haito Uke)
- Elbow Block (Embi Uke)
- Knee Block (Hiza Uke)
- Upper Crosshand Block (Jodan Juji Uke)
- Lower Crosshand Block (Gedan Juji Uke)
- Backhand Block (Haisho Uke)

### **6<sup>th</sup> Kyu Blue Belt Strikes (Atemi)**

- Form a proper fist (Seiken)
- Upper Punch (Jodan Tsuke)
- Center Punch (Chuudan Tsuke)
- Down Punch (Gedan Tsuke)
- Shoulder Punch
- Pivot Punch
- Triple Punch
- Knifehand (Shuto)
- Backfist (Uraken)
- Palm Strike (Shote)
- Ridge Hand (Haito)
- Elbow Strike (Embi)
- Knee Strike (Hiza)
- Hammerfist (Tsutsuken)
- Back Hand (Haisho)
- Bent Wrist (Koken)
- Spear Hand (Nukite)

### **6<sup>th</sup> Kyu Blue Belt Kicks (Keri)**

- Front Kick (Mae Geri)
- Round Kick (Mawashi Geri)
- Side Kick (Yoko Geri)
- Inside/Outside Crescent Kick (Uchi/Soto Ko Geri)
- Jump Front Kick (Nidan Geri)
- Flying Side Kick (Tobi Yoko Geri)
- Forward Spinning Side Kick (Zempou Yoko Geri)
- Shin Kick (Sune Geri)
- Hook Kick (Kake Geri)

## **6<sup>th</sup> Kyu Blue Belt One-Step Sparring (Ippon Kumite)**

- Ippon Kumite One
- Ippon Kumite Two
- Ippon Kumite Three
- Ippon Kumite Four

## **6<sup>th</sup> Kyu Blue Belt Combinations**

- Slow motion kicks.
- Front foot round kick, skip side kick, reverse punch.
- Double round kick, step forward, skip hook kick
- Slide forward jab, reverse punch, hook with forward hand, uppercut with back hand

## **6<sup>th</sup> Kyu Blue Belt Sparring**

- Freestyle sparring, at least two two-minute matches.
- Able to describe freestyle sparring rules
- Point sparring, at least one two-minute match.

## **6<sup>th</sup> Kyu Blue Belt Board Breaking**

- One Hand Technique
- 2 Boards with Side Kick
- Jump Front Kick

## **6<sup>th</sup> Kyu Blue Belt Self Defense**

- None needed.

## **6<sup>th</sup> Kyu Blue Belt Teaching**

- Lead at least one basic techniques session.
- Demonstrate competence in teaching white and yellow belt techniques



## ***6<sup>th</sup> Kyu Blue Belt Falling***

- Back fall from standing
- Side fall from standing

## ***6<sup>th</sup> Kyu Blue Belt Terminology***

- See website

## ***6<sup>th</sup> Kyu Blue Belt Equipment Requirements***

- Mouthpiece
- Sparring gear (head, hand, shin)
- Nunchaku

## ***6<sup>th</sup> Kyu Blue Belt Miscellaneous Requirements***

- Able to use the nunchaku in a variety of attacks and blocks.
- Switch guard when chambering kicks.

## **Blue Belt (5<sup>th</sup> Kyu) Testing to Green Belt (4<sup>th</sup> Kyu) Requirements**

### ***Time in Rank***

- 5<sup>th</sup> kyu blue belts testing to 4<sup>th</sup> kyu green belt should have three-four months time in rank, and a minimum of 30 class hours of attendance.
- 5<sup>th</sup> kyu blue belts testing to 4<sup>th</sup> kyu green belt must have attended at least one WYKKO event (Summer Camp, Superfights, Sunshine Classic, Dothan Tournament, Winter Camp, Traditional Tournament).

### ***5<sup>th</sup> Kyu Blue Belt Forms (Kata)***

- Twenty-Seven Movements (Ni Ju Shichi No Kata)
- First Basic Form (Kihon Kata Shodan)
- Second Basic Form (Kihon Kata Nidan)
- Third Basic Form (Kihon Kata Sandan)
- Fourth Basic Form (Kihon Kata Yondan)
- Advancing and Retreating (Zenshin Kotai)
- Fighting to the Four Directions (ShiHoHai)
- Basic Nunchaku Form (Kihon Kata Nunchaku)
- Thirteen Hands (Seisan)
- First Basic Nunchaku Form (Kihon Kata Shodan Nunchaku)

### ***5<sup>th</sup> Kyu Blue Belt Stances (Tachi)***

- Front Stance (Zenkusudachi)
- Ready Stance (Uchihachiji)
- Defensive Straddle Stance (Boubi Shikodachi)
- Attention Stance (Musobidachi)
- Forward Stance (Mae Dachi)
- Scissor Stance (Hasamidachi)
- Offensive Straddle Stance (Kougeki Shikodachi)
- One Legged Stance (Ippon Ashidachi)
- Parallel Stance (Heikodachi)
- Cat Stance (Nekko Ashidachi)
- Kneeling/Sword Stance (Iai Dachi)

### ***5<sup>th</sup> Kyu Blue Belt Blocks (Uke)***

- Down Block (Gedan Uke)
- Inside Center Block (Chuudan Uchi Uke)
- Outside Center Block (Chuudan Soto Uke)
- Upper Block (Jodan Uke)
- Knifehand Block (Shuto Uke)
- Palm Heel Block (Shote Uke)
- Ridgehand Block (Haito Uke)
- Elbow Block (Embi Uke)
- Knee Block (Hiza Uke)
- Upper Crosshand Block (Jodan Juji Uke)
- Lower Crosshand Block (Gedan Juji Uke)
- Backhand Block (Haisho Uke)

### ***5<sup>th</sup> Kyu Blue Belt Strikes (Atemi)***

- Form a proper fist (Seiken)
- Upper Punch (Jodan Tsuke)
- Center Punch (Chuudan Tsuke)
- Down Punch (Gedan Tsuke)
- Shoulder Punch
- Pivot Punch
- Triple Punch
- Knifehand (Shuto)
- Backfist (Uraken)
- Palm Strike (Shote)
- Ridge Hand (Haito)
- Elbow Strike (Embi)
- Knee Strike (Hiza)
- Hammerfist (Tsutsuken)
- Back Hand (Haisho)
- Bent Wrist (Koken)
- Spear Hand (Nukite)

### ***5<sup>th</sup> Kyu Blue Belt Kicks (Keri)***

- Front Kick (Mae Geri)
- Round Kick (Mawashi Geri)
- Side Kick (Yoko Geri)
- Inside/Outside Crescent Kick (Uchi/Soto Ko Geri)

- Jump Front Kick (Nidan Geri)
- Flying Side Kick (Tobi Yoko Geri)
- Forward Spinning Side Kick (Zenpou Yoko Geri)
- Hook Kick (Kake Geri)
- Shin Kick (Sune Geri)
- Axe Kick (Kakato Otoshi)
- Back Spinning Side Kick (Ushiro Yoko Geri)

### ***5<sup>th</sup> Kyu Blue Belt One-Step Sparring (Ippon Kumite)***

- Ippon Kumite One
- Ippon Kumite Two
- Ippon Kumite Three
- Ippon Kumite Four
- Ippon Kumite Five

### ***5<sup>th</sup> Kyu Blue Belt Combinations***

- Knee block, back fist, reverse punch, front kick, jump front kick
- Slide forward spearhand strike, grab, knee strike, front kick, step forward
- Slide forward jab, reverse punch, ridge hand, back spinning side kick

### ***5<sup>th</sup> Kyu Blue Belt Sparring***

- Freestyle sparring, at least two two-minute matches.
- Able to describe freestyle sparring rules
- Point sparring, at least one two-minute match.
- Able to describe point sparring rules.

### ***5<sup>th</sup> Kyu Blue Belt Board Breaking***

- One Hand Technique
- 2 Boards with Side Kick
- Back Spinning Kick (crescent, side, hook, etc.)

### ***5<sup>th</sup> Kyu Blue Belt Self Defense***

- None needed.

### ***5<sup>th</sup> Kyu Blue Belt Teaching***

- Lead at least one basic techniques session.
- Demonstrate competence in teaching white and yellow belt techniques

### ***5<sup>th</sup> Kyu Blue Belt Falling***

- Back fall from standing
- Side fall from standing
- Front roll to down position from standing

### ***5<sup>th</sup> Kyu Blue Belt Terminology***

- See website

### ***5<sup>th</sup> Kyu Blue Belt Equipment Requirements***

- Mouthpiece
- Sparring gear (head, hand, shin)
- Nunchaku

### ***5<sup>th</sup> Kyu Blue Belt Miscellaneous Requirements***

- Able to use the nunchaku in a variety of attacks and blocks.
- Switch guard when chambering kicks.

# Green Belt (4<sup>th</sup> Kyu) Testing to Green Belt (3<sup>rd</sup> Kyu) Requirements

## ***Time in Rank***

- 4<sup>th</sup> kyu green belts testing to 3<sup>rd</sup> kyu green belt should have three-four months time in rank, and a minimum of 30 class hours of attendance.
- 4<sup>th</sup> kyu green belts testing to 3<sup>rd</sup> kyu green belt must have attended at least two WYKKO events (Summer Camp, Superfights, Sunshine Classic, Dothan Tournament, Winter Camp, Traditional Tournament).

## ***4<sup>th</sup> Kyu Green Belt Forms (Kata)***

- Twenty-Seven Movements (Ni Ju Shichi No Kata)
- First Basic Form (Kihon Kata Shodan)
- Second Basic Form (Kihon Kata Nidan)
- Third Basic Form (Kihon Kata Sandan)
- Fourth Basic Form (Kihon Kata Yondan)
- Advancing and Retreating (Zenshin Kotai)
- Fighting to the Four Directions (ShiHoHai)
- Basic Nunchaku Form (Kihon Kata Nunchaku)
- Thirteen Hands (Seisan)
- First Basic Nunchaku Form (Kihon Kata Shodan Nunchaku)
- First Basic Bo Form (Kihon Kata Shodan Bo)

## ***4<sup>th</sup> Kyu Green Belt Stances (Tachi)***

- Front Stance (Zenkusudachi)
- Ready Stance (Uchihachiji)
- Defensive Straddle Stance (Boubi Shikodachi)
- Attention Stance (Musobidachi)
- Forward Stance (Mae Dachi)
- Scissor Stance (Hasamidachi)
- Offensive Straddle Stance (Kougeki Shikodachi)
- One Legged Stance (Ippon Ashidachi)
- Parallel Stance (Heikodachi)
- Cat Stance (Nekko Ashidachi)
- Kneeling/Sword Stance (Iai Dachi)

### **4<sup>th</sup> Kyu Green Belt Blocks (Uke)**

- Down Block (Gedan Uke)
- Inside Center Block (Chuudan Uchi Uke)
- Outside Center Block (Chuudan Soto Uke)
- Upper Block (Jodan Uke)
- Knifehand Block (Shuto Uke)
- Palm Heel Block (Shote Uke)
- Ridgehand Block (Haito Uke)
- Elbow Block (Embi Uke)
- Knee Block (Hiza Uke)
- Upper Crosshand Block (Jodan Juji Uke)
- Lower Crosshand Block (Gedan Juji Uke)
- Backhand Block (Haisho Uke)
- Wedging Block (Kakewake Uke)

### **4<sup>th</sup> Kyu Green Belt Strikes (Atemi)**

- Form a proper fist (Seiken)
- Upper Punch (Jodan Tsuke)
- Center Punch (Chuudan Tsuke)
- Down Punch (Gedan Tsuke)
- Shoulder Punch
- Pivot Punch
- Triple Punch
- Knifehand (Shuto)
- Backfist (Uraken)
- Palm Strike (Shote)
- Ridge Hand (Haito)
- Elbow Strike (Embi)
- Knee Strike (Hiza)
- Hammerfist (Tsutsuken)
- Back Hand (Haisho)
- Bent Wrist (Koken)
- Spear Hand (Nukite)
- Two-Finger Spearhead (Nihon Nukite)
- Head Strike (Zutsuki)

### **4<sup>th</sup> Kyu Green Belt Kicks (Keri)**

- Front Kick (Mae Geri)
- Round Kick (Mawashi Geri)

- Side Kick (Yoko Geri)
- Inside/Outside Crescent Kick (Uchi/Soto Ko Geri)
- Jump Front Kick (Nidan Geri)
- Flying Side Kick (Tobi Yoko Geri)
- Forward Spinning Side Kick (Zenpou Yoko Geri)
- Hook Kick (Kake Geri)
- Shin Kick (Sune Geri)
- Axe Kick (Kakato Otoshi)
- Back Spinning Side Kick (Ushiro Yoko Geri)
- Spinning Crescent Kick (Ushiro Ko Geri)
- Spinning Hook Kick (Ushiro Kake Geri)
- Tornado Kick (Tobi Mawashi Ko Geri)

#### ***4<sup>th</sup> Kyu Green Belt One-Step Sparring (Ippon Kumite)***

- Ippon Kumite One
- Ippon Kumite Two
- Ippon Kumite Three
- Ippon Kumite Four
- Ippon Kumite Five

#### ***4<sup>th</sup> Kyu Green Belt Combinations***

- Front kick, spinning back hook kick, round kick (all same foot)
- Front kick, flying side kick, reverse punch
- Slide back, downblock in defensive straddle stance, backfist, reverse punch into front stance, ridge hand, forward spinning hook kick

#### ***4<sup>th</sup> Kyu Green Belt Sparring***

- Freestyle sparring, at least two two-minute matches.
- Able to describe freestyle sparring rules
- Point sparring, at least one two-minute match.
- Able to describe point sparring rules.
- Semi-Knockdown, one 2-minute match with a 1-minute follow-up in case of tie
- Able to describe both sets of semi-knockdown rules

#### ***4<sup>th</sup> Kyu Green Belt Board Breaking***

- One Hand Technique



- 2 Boards with Side Kick
- 2 Boards with Back Spinning Kick (crescent, side, hook, etc.)

### ***4<sup>th</sup> Kyu Green Belt Self Defense***

- Five routines against one attacker.

### ***4<sup>th</sup> Kyu Green Belt Teaching***

- Lead at least one basic techniques session.
- Demonstrate competence in teaching white and yellow belt techniques
- Demonstrate competence in teaching blue belt techniques, including nunchaku

### ***4<sup>th</sup> Kyu Green Belt Falling***

- Back fall from standing
- Side fall from standing
- Front roll to down position from standing

### ***4<sup>th</sup> Kyu Green Belt Terminology***

- See website

### ***4<sup>th</sup> Kyu Green Belt Equipment Requirements***

- Mouthpiece
- Sparring gear (head, hand, shin)
- Nunchaku
- Bo

### ***4<sup>th</sup> Kyu Green Belt Miscellaneous Requirements***

- Able to use the nunchaku in a variety of attacks and blocks.
- Switch guard when chambering kicks.
- Begin to tighten return strike for nunchaku
- Able to devise combinations and have a solid grasp of fighting techniques.
- Able to use the bo for a variety of strikes and blocks against a variety of weapons.
- Able to take a strike without significant damage.

## **Green Belt (3<sup>rd</sup> Kyu) Testing to Brown Belt (2<sup>nd</sup> Kyu) Requirements**

### ***Time in Rank***

- 3<sup>rd</sup> kyu green belts testing to 2<sup>nd</sup> kyu brown belt should have three-four months time in rank, and a minimum of 30 class hours of attendance.
- 3<sup>rd</sup> kyu green belts testing to 2<sup>nd</sup> kyu brown belt must have attended at least three WYKKO events (Summer Camp, Superfights, Sunshine Classic, Dothan Tournament, Winter Camp, Traditional Tournament).

### ***3<sup>rd</sup> Kyu Green Belt Forms (Kata)***

- Twenty-Seven Movements (Ni Ju Shichi No Kata)
- First Basic Form (Kihon Kata Shodan)
- Second Basic Form (Kihon Kata Nidan)
- Third Basic Form (Kihon Kata Sandan)
- Fourth Basic Form (Kihon Kata Yondan)
- Advancing and Retreating (Zenshin Kotai)
- Fighting to the Four Directions (ShiHoHai)
- Basic Nunchaku Form (Kihon Kata Nunchaku)
- Thirteen Hands (Seisan)
- First Basic Nunchaku Form (Kihon Kata Shodan Nunchaku)
- First Basic Bo Form (Kihon Kata Shodan Bo)
- Twenty-Four Steps (Niseishi)
- Second Basic Bo Form (Kihon Kata Nidan Bo)
- Advancing and Retreating Sai (Zen Shen Kotai Sai)

### ***3<sup>rd</sup> Kyu Green Belt Stances (Tachi)***

- Front Stance (Zenkusudachi)
- Ready Stance (Uchihachiji)
- Defensive Straddle Stance (Boubi Shikodachi)
- Attention Stance (Musobidachi)
- Forward Stance (Mae Dachi)
- Scissor Stance (Hasamidachi)
- Offensive Straddle Stance (Kougeki Shikodachi)
- One Legged Stance (Ippon Ashidachi)
- Parallel Stance (Heikodachi)

- Cat Stance (Nekko Ashidachi)
- Kneeling/Sword Stance (Iai Dachi)
- Horse Stance (Kibadachi)
- Hourglass Stance (Sanchin Dachi)
- Back Stance (Kokutsudachi)

### **3<sup>rd</sup> Kyu Green Belt Blocks (Uke)**

- Down Block (Gedan Uke)
- Inside Center Block (Chuudan Uchi Uke)
- Outside Center Block (Chuudan Soto Uke)
- Upper Block (Jodan Uke)
- Knifehand Block (Shuto Uke)
- Palm Heel Block (Shote Uke)
- Ridgehand Block (Haito Uke)
- Elbow Block (Embi Uke)
- Knee Block (Hiza Uke)
- Upper Crosshand Block (Jodan Juji Uke)
- Lower Crosshand Block (Gedan Juji Uke)
- Backhand Block (Haisho Uke)
- Wedging Block (Kakewake Uke)

### **3<sup>rd</sup> Kyu Green Belt Strikes (Atemi)**

- Form a proper fist (Seiken)
- Upper Punch (Jodan Tsuke)
- Center Punch (Chuudan Tsuke)
- Down Punch (Gedan Tsuke)
- Shoulder Punch
- Pivot Punch
- Triple Punch
- Knifehand (Shuto)
- Backfist (Uraken)
- Palm Strike (Shote)
- Ridge Hand (Haito)
- Elbow Strike (Embi)
- Knee Strike (Hiza)
- Hammerfist (Tsutsuken)
- Back Hand (Haisho)
- Bent Wrist (Koken)
- Spear Hand (Nukite)
- Two-Finger Spearhead (Nihon Nukite)

- Head Strike (Zutsuki)
- Flying Knee (Tobi Hiza)
- Chasing Punch (Oizuki)

### ***3<sup>rd</sup> Kyu Green Belt Kicks (Keri)***

- Front Kick (Mae Geri)
- Round Kick (Mawashi Geri)
- Side Kick (Yoko Geri)
- Inside/Outside Crescent Kick (Uchi/Soto Ko Geri)
- Jump Front Kick (Nidan Geri)
- Flying Side Kick (Tobi Yoko Geri)
- Forward Spinning Side Kick (Zempou Yoko Geri)
- Hook Kick (Kake Geri)
- Shin Kick (Sune Geri)
- Axe Kick (Kakato Otoshi)
- Back Spinning Side Kick (Ushiro Yoko Geri)
- Spinning Crescent Kick (Ushiro Ko Geri)
- Spinning Hook Kick (Ushiro Kake Geri)
- Tornado Kick (Tobi Mawashi Ko Geri)
- Back Kick (Ushiro Geri)
- Jump Round Kick (Nidan Mawashi Geri)
- Jump Spinning Hook Kick (Tobi Ushiro Kake Geri)
- Jump Spinning Crescent Kick (Tobi Ushiro Ko Geri)

### ***3<sup>rd</sup> Kyu Green Belt One-Step Sparring (Ippon Kumite)***

- Ippon Kumite One
- Ippon Kumite Two
- Ippon Kumite Three
- Ippon Kumite Four
- Ippon Kumite Five

### ***3<sup>rd</sup> Kyu Green Belt Combinations***

- Slide forward, back fist, step forward, knifehand strike, back spinning backfist
- Round kick, tornado kick, backfist, reverse punch
- Slide back, outside center block in defensive straddle stance, back fist, reverse punch, front spinning hook kick/round kick, step forward

### ***3<sup>rd</sup> Kyu Green Belt Sparring***

- Freestyle sparring, at least two two-minute matches.
- Able to describe freestyle sparring rules
- Point sparring, at least one two-minute match.
- Able to describe point sparring rules.
- Semi-Knockdown, one 2-minute match with a 1-minute follow-up in case of tie
- Able to describe both sets of semi-knockdown rules

### ***3<sup>rd</sup> Kyu Green Belt Board Breaking***

- One Hand Technique
- 2 Boards with Side Kick
- One Back Spin Hook Kick
- One Flying Side or Jump Front Kick

### ***3<sup>rd</sup> Kyu Green Belt Self Defense***

- Five routines against one attacker.

### ***3<sup>rd</sup> Kyu Green Belt Teaching***

- Lead at least one basic techniques session.
- Demonstrate competence in teaching white and yellow belt techniques
- Demonstrate competence in teaching blue belt techniques, including nunchaku

### ***3<sup>rd</sup> Kyu Green Belt Falling***

- Back fall from standing
- Side fall from standing
- Front roll to down position from standing

### ***3<sup>rd</sup> Kyu Green Belt Terminology***

- See website

### ***3<sup>rd</sup> Kyu Green Belt Equipment Requirements***

- Mouthpiece
- Sparring gear (head, hand, shin)
- Nunchaku
- Bo
- Sai

### ***3<sup>rd</sup> Kyu Green Belt Miscellaneous Requirements***

- Able to use the nunchaku in a variety of attacks and blocks.
- Switch guard when chambering kicks.
- Tighten return strike for nunchaku
- Able to devise combinations and have a solid grasp of fighting techniques.
- Able to use the bo and sai for a variety of strikes and blocks against a variety of weapons.
- Able to take a strike without significant damage.

## **Brown Belt (2<sup>nd</sup> Kyu) Testing to Brown Belt (1<sup>st</sup> Kyu) Requirements**

### ***Time in Rank***

- 2<sup>nd</sup> kyu brown belts testing to 1<sup>st</sup> kyu brown belt must have six months time in rank, and a minimum of 30 class hours of attendance.
- 2<sup>nd</sup> kyu brown belts testing to 1<sup>st</sup> kyu brown belt must have attended at least four WYKKO events (Summer Camp, Superfights, Sunshine Classic, Dothan Tournament, Winter Camp, Traditional Tournament).

### ***2<sup>nd</sup> Kyu Brown Belt Forms (Kata)***

- Twenty-Seven Movements (Ni Ju Shichi No Kata)
- First Basic Form (Kihon Kata Shodan)
- Second Basic Form (Kihon Kata Nidan)
- Third Basic Form (Kihon Kata Sandan)
- Fourth Basic Form (Kihon Kata Yondan)
- Advancing and Retreating (Zenshin Kotai)
- Fighting to the Four Directions (ShiHoHai)
- Basic Nunchaku Form (Kihon Kata Nunchaku)
- Thirteen Hands (Seisan)
- First Basic Nunchaku Form (Kihon Kata Shodan Nunchaku)
- First Basic Bo Form (Kihon Kata Shodan Bo)
- Twenty-Four Steps (Niseishi)
- Second Basic Bo Form (Kihon Kata Nidan Bo)
- Advancing and Retreating Sai (Zen Shen Kotai Sai)
- Vision of the Crane Small (Rho Hai Sho)
- Third Basic Bo Form (Kihon Kata Sandan Bo)
- Fighting to the Four Directions Sai (Shiho Hai Sai)

### ***2<sup>nd</sup> Kyu Brown Belt Stances (Tachi)***

- Front Stance (Zenkusudachi)
- Ready Stance (Uchihachiji)
- Defensive Straddle Stance (Boubi Shikodachi)
- Attention Stance (Musobidachi)
- Forward Stance (Mae Dachi)
- Scissor Stance (Hasamidachi)

- Offensive Straddle Stance (Kougeki Shikodachi)
- One Legged Stance (Ippon Ashidachi)
- Parallel Stance (Heikodachi)
- Cat Stance (Nekko Ashidachi)
- Kneeling/Sword Stance (Iai Dachi)
- Horse Stance (Kibadachi)
- Hourglass Stance (Sanchin Dachi)
- Back Stance (Kokutsudachi)

## ***2<sup>nd</sup> Kyu Brown Belt Blocks (Uke)***

- Down Block (Gedan Uke)
- Inside Center Block (Chuudan Uchi Uke)
- Outside Center Block (Chuudan Soto Uke)
- Upper Block (Jodan Uke)
- Knifehand Block (Shuto Uke)
- Palm Heel Block (Shote Uke)
- Ridgehand Block (Haito Uke)
- Elbow Block (Embi Uke)
- Knee Block (Hiza Uke)
- Upper Crosshand Block (Jodan Juji Uke)
- Lower Crosshand Block (Gedan Juji Uke)
- Backhand Block (Haisho Uke)
- Wedging Block (Kakewake Uke)

## ***2<sup>nd</sup> Kyu Brown Belt Strikes (Atemi)***

- Form a proper fist (Seiken)
- Upper Punch (Jodan Tsuke)
- Center Punch (Chuudan Tsuke)
- Down Punch (Gedan Tsuke)
- Shoulder Punch
- Pivot Punch
- Triple Punch
- Knifehand (Shuto)
- Backfist (Uraken)
- Palm Strike (Shote)
- Ridge Hand (Haito)
- Elbow Strike (Embi)
- Knee Strike (Hiza)
- Hammerfist (Tsutsuken)
- Back Hand (Haisho)
- Bent Wrist (Koken)



- Spear Hand (Nukite)
- Two-Finger Spearhead (Nihon Nukite)
- Head Strike (Zutsuki)
- Flying Knee (Tobi Hiza)
- Chasing Punch (Oizuki)
- Bear Hand (Kumade)

## ***2<sup>nd</sup> Kyu Brown Belt Kicks (Keri)***

- Front Kick (Mae Geri)
- Round Kick (Mawashi Geri)
- Side Kick (Yoko Geri)
- Inside/Outside Crescent Kick (Uchi/Soto Ko Geri)
- Jump Front Kick (Nidan Geri)
- Flying Side Kick (Tobi Yoko Geri)
- Forward Spinning Side Kick (Zenpou Yoko Geri)
- Hook Kick (Kake Geri)
- Shin Kick (Sune Geri)
- Axe Kick (Kakato Otoshi)
- Back Spinning Side Kick (Ushiro Yoko Geri)
- Spinning Crescent Kick (Ushiro Ko Geri)
- Spinning Hook Kick (Ushiro Kake Geri)
- Tornado Kick (Tobi Mawashi Ko Geri)
- Back Kick (Ushiro Geri)
- Jump Round Kick (Nidan Mawashi Geri)
- Jump Spinning Hook Kick (Tobi Ushiro Kake Geri)
- Jump Spinning Crescent Kick (Tobi Ushiro Ko Geri)
- Chasing Kick (Oigeri)

## ***2<sup>nd</sup> Kyu Brown Belt One-Step Sparring (Ippon Kumite)***

- Ippon Kumite One
- Ippon Kumite Two
- Ippon Kumite Three
- Ippon Kumite Four
- Ippon Kumite Five

## ***2<sup>nd</sup> Kyu Brown Belt Combinations***

- Round kick, spinning crescent kick, backfist, reverse punch
- Grab, step forward, elbow strike, step forward into scissor stance, rolling back fist
- Front kick, back kick, forward spinning side kick (all with same leg without putting foot down)

## ***2<sup>nd</sup> Kyu Brown Belt Sparring***

- Freestyle sparring, at least two two-minute matches.
- Able to describe freestyle sparring rules
- Point sparring, at least one two-minute match.
- Able to describe point sparring rules.
- Semi-Knockdown, one 2-minute match with a 1-minute follow-up in case of tie
- Able to describe both sets of semi-knockdown rules

## ***2<sup>nd</sup> Kyu Brown Belt Board Breaking***

- One Hand Technique
- 2 Boards with Side Kick
- One Back Spin Kick
- One Flying Side or Jump Front Kick

## ***2<sup>nd</sup> Kyu Brown Belt Self Defense***

- Five routines against one attacker.

## ***2<sup>nd</sup> Kyu Brown Belt Teaching***

- Lead at least one basic techniques session.
- Demonstrate competence in teaching white and yellow belt techniques
- Demonstrate competence in teaching blue belt techniques, including nunchaku
- Demonstrate competence in teaching green belt techniques, including bo and sai

## ***2<sup>nd</sup> Kyu Brown Belt Falling***

- Back fall from standing
- Side fall from standing

- Front roll to down position from standing

### ***2<sup>nd</sup> Kyu Brown Belt Terminology***

- See website

### ***2<sup>nd</sup> Kyu Brown Belt Equipment Requirements***

- Mouthpiece
- Sparring gear (head, hand, shin)
- Nunchaku
- Bo
- Sai

### ***2<sup>nd</sup> Kyu Brown Belt Miscellaneous Requirements***

- Able to use the nunchaku in a variety of attacks and blocks.
- Switch guard when chambering kicks.
- Tighten return strike for nunchaku
- Able to devise combinations and have a solid grasp of fighting techniques.
- Able to use the bo and sai for a variety of strikes and blocks against a variety of weapons.
- Able to take a strike without damage.
- Engage hips in all regular techniques.

## **Brown Belt (1<sup>st</sup> Kyu) Testing to Black Belt (Shodan) Requirements**

### ***Time in Rank***

- 1<sup>st</sup> kyu brown belts testing to Shodan black belt must have six months time in rank, and a minimum of 30 class hours of attendance.
- 1<sup>st</sup> kyu brown belts testing to Shodan black belt must have attended at least five WYKKO events (Summer Camp, Superfights, Sunshine Classic, Dothan Tournament, Winter Camp, Traditional Tournament).

### ***1<sup>st</sup> Kyu Brown Belt Forms (Kata)***

- Twenty-Seven Movements (Ni Ju Shichi No Kata)
- First Basic Form (Kihon Kata Shodan)
- Second Basic Form (Kihon Kata Nidan)
- Third Basic Form (Kihon Kata Sandan)
- Fourth Basic Form (Kihon Kata Yondan)
- Advancing and Retreating (Zenshin Kotai)
- Fighting to the Four Directions (ShiHoHai)
- Basic Nunchaku Form (Kihon Kata Nunchaku)
- Thirteen Hands (Seisan)
- First Basic Nunchaku Form (Kihon Kata Shodan Nunchaku)
- First Basic Bo Form (Kihon Kata Shodan Bo)
- Twenty-Four Steps (Niseishi)
- Second Basic Bo Form (Kihon Kata Nidan Bo)
- Advancing and Retreating Sai (Zen Shen Kotai Sai)
- Vision of the Crane Small (Rho Hai Sho)
- Third Basic Bo Form (Kihon Kata Sandan Bo)
- Fighting to the Four Directions Sai (Shiho Hai Sai)
- Constant Improvement (Yoshu)
- Vision of the Crane Small Sai (Rho Hai Sho Sai)

### ***1<sup>st</sup> Kyu Brown Belt Stances (Tachi)***

- Front Stance (Zenkusudachi)
- Ready Stance (Uchihachiji)
- Defensive Straddle Stance (Boubi Shikodachi)
- Attention Stance (Musobidachi)

- Forward Stance (Mae Dachi)
- Scissor Stance (Hasamidachi)
- Offensive Straddle Stance (Kougeki Shikodachi)
- One Legged Stance (Ippon Ashidachi)
- Parallel Stance (Heikodachi)
- Cat Stance (Nekko Ashidachi)
- Kneeling/Sword Stance (Iai Dachi)
- Horse Stance (Kibadachi)
- Hourglass Stance (Sanchin Dachi)
- Back Stance (Kokutsudachi)

### **1<sup>st</sup> Kyu Brown Belt Blocks (Uke)**

- Down Block (Gedan Uke)
- Inside Center Block (Chuudan Uchi Uke)
- Outside Center Block (Chuudan Soto Uke)
- Upper Block (Jodan Uke)
- Knifehand Block (Shuto Uke)
- Palm Heel Block (Shote Uke)
- Ridgehand Block (Haito Uke)
- Elbow Block (Embi Uke)
- Knee Block (Hiza Uke)
- Upper Crosshand Block (Jodan Juji Uke)
- Lower Crosshand Block (Gedan Juji Uke)
- Backhand Block (Haisho Uke)
- Wedging Block (Kakewake Uke)

### **1<sup>st</sup> Kyu Brown Belt Strikes (Atemi)**

- Form a proper fist (Seiken)
- Upper Punch (Jodan Tsuke)
- Center Punch (Chuudan Tsuke)
- Down Punch (Gedan Tsuke)
- Shoulder Punch
- Pivot Punch
- Triple Punch
- Knifehand (Shuto)
- Backfist (Uraken)
- Palm Strike (Shote)
- Ridge Hand (Haito)
- Elbow Strike (Embi)
- Knee Strike (Hiza)
- Hammerfist (Tsutsuken)

- Back Hand (Haisho)
- Bent Wrist (Koken)
- Spear Hand (Nukite)
- Two-Finger Spearhead (Nihon Nukite)
- Head Strike (Zutsuki)
- Flying Knee (Tobi Hiza)
- Chasing Punch (Oizuki)
- Bear Hand (Kumade)

### ***1<sup>st</sup> Kyu Brown Belt Kicks (Keri)***

- Front Kick (Mae Geri)
- Round Kick (Mawashi Geri)
- Side Kick (Yoko Geri)
- Inside/Outside Crescent Kick (Uchi/Soto Ko Geri)
- Jump Front Kick (Nidan Geri)
- Flying Side Kick (Tobi Yoko Geri)
- Forward Spinning Side Kick (Zenpou Yoko Geri)
- Hook Kick (Kake Geri)
- Shin Kick (Sune Geri)
- Axe Kick (Kakato Otoshi)
- Back Spinning Side Kick (Ushiro Yoko Geri)
- Spinning Crescent Kick (Ushiro Ko Geri)
- Spinning Hook Kick (Ushiro Kake Geri)
- Tornado Kick (Tobi Mawashi Ko Geri)
- Back Kick (Ushiro Geri)
- Jump Round Kick (Nidan Mawashi Geri)
- Jump Spinning Hook Kick (Tobi Ushiro Kake Geri)
- Jump Spinning Crescent Kick (Tobi Ushiro Ko Geri)
- Chasing Kick (Oigeri)

### ***1<sup>st</sup> Kyu Brown Belt One-Step Sparring (Ippon Kumite)***

- Ippon Kumite One
- Ippon Kumite Two
- Ippon Kumite Three
- Ippon Kumite Four
- Ippon Kumite Five

### **1<sup>st</sup> Kyu Brown Belt Combinations**

- Five different combinations, with five different techniques and one spinning or jumping kick in each combination

### **1<sup>st</sup> Kyu Brown Belt Sparring**

- As determined by the testing board, typically:
  - Between 3-6 rounds of 'point' sparring (freestyle kumite)
  - Between 6-10 rounds of 'semi-knockdown' sparring (continuous fighting using semi-knockdown rules)
- Able to describe full knockdown rules

### **1<sup>st</sup> Kyu Brown Belt Board Breaking**

- Two Different Hand Techniques
- 2 Boards with Stationary Kick
- One Back Spin Hook Kick
- One Jump Front Kick

### **1<sup>st</sup> Kyu Brown Belt Self Defense**

- Five routines against two attackers.

### **1<sup>st</sup> Kyu Brown Belt Teaching**

- Lead at least one basic techniques session.
- Demonstrate competence in teaching white and yellow belt techniques
- Demonstrate competence in teaching blue belt techniques, including nunchaku
- Demonstrate competence in teaching green belt techniques, including bo and sai
- Demonstrate competence in teaching all color belt techniques.

### **1<sup>st</sup> Kyu Brown Belt Falling**

- Back fall from standing
- Side fall from standing

- Front roll to down position from standing

### ***1<sup>st</sup> Kyu Brown Belt Terminology***

- See website

### ***1<sup>st</sup> Kyu Brown Belt Equipment Requirements***

- Mouthpiece
- Sparring gear (head, hand, shin)
- Nunchaku
- Bo
- Sai

### ***1<sup>st</sup> Kyu Brown Belt Miscellaneous Requirements***

- Able to use the nunchaku in a variety of attacks and blocks.
- Switch guard when chambering kicks.
- Tighten return strike for nunchaku
- Able to devise combinations and have a solid grasp of fighting techniques.
- Able to use the bo and sai for a variety of strikes and blocks against a variety of weapons.
- Able to take a strike without damage.
- Engage hips in all regular techniques.