



1ST KYU BROWN BELT REQUIREMENTS SHORINJI RYU KARATE –DO



TOTAL ATTENDANCE MINIMUM: 5 MONTHS & 40 CLASSES

To be eligible to take the final exam for this belt level you must learn and practice the skills listed below and pass a four stripe test. Remember that these are the minimum requirements for this level. They alone cannot determine skills or worthiness of a rank. Requirements also include all lower belt requirements with improved ability. Be sure to attend your class regularly and to use this sheet as a checklist to ensure progress.

Check the Calendar of Events for dates and times of stripe testing.

STRIPE # 1: *KIHON & WAZA*

**** MANDATORY ATTENDANCE: 8 CLASSES ****

KIHON :

- Hourglass Stance—Sanchin Dachi (*Youth Only*)
- Foreknuckle Punch—Hiraken Zuki
- Front Leg Front Kick—Mae Ashi Mae Geri
- Front Leg Roundhouse Kick—Mae Ashi Mawashi Geri
- Front Leg Side Kick—Mae Ashi Yoko Geri
- Front Leg Hook Kick—Mae Ashi Kagi Geri
- Double Jump Front Kick—Tobi Nidan Mae Geri

WAZA:

- #5—Knifehand Block, Reverse Punch, Knifehand Block
- #6—Front Snap Kick, Lunge Punch
- #7—Roundhouse Kick
- #8—Side Snap Kick, Backfist Strike
- #9—Spinning Back Kick
- #10—Front Snap Kick, Inside Foot Sweep, Roundhouse Kick, Spinning Back Kick, Backfist Strike, Reverse Punch

STRIPE #2: *KATA & KOBUDO*

**** MANDATORY ATTENDANCE: 8 CLASSES ****

YOUTH & ADULTS:

- Taikyoku Shodan, Nidan & Sandan
- Pinan Shodan, Nidan, Sandan, Yondan & Godan
- Naihanchi Shodan
- Patsai Dai
- Wansu, Wankuan, Itosu Lohai Shodan (*Adults Only*)
- Seisan (*Adults Only*)
- Naihanchi Nidan (*Adults Only*)
- Naihanchi Sandan (*Adults Only*)
- Kanku Dai (*Adults Only*)

KOBUDO:

- Tenryu No Kon
- Maisato No Sai
- Matsu Higa No Kon (*Adults Only*)
- Matsu Higa No Tonfa (*Adults Only*)
- Matsu Higa No Sai (*Adults Only*)

SEE OTHER SIDE FOR INFORMATION ON STRIPE #3 & STRIPE #4





1ST KYU BROWN BELT REQUIREMENTS

SHORINJI RYU KARATE –DO



TOTAL ATTENDANCE MINIMUM: 4 MONTHS & 32 CLASSES

To be eligible to take the final exam for this belt level you must learn and practice the skills listed below and pass a four stripe test. Remember that these are the minimum requirements for this level. They alone cannot determine skills or worthiness of a rank. Requirements also include all lower belt requirements with improved ability. Be sure to attend your class regularly and to use this sheet as a checklist to ensure progress.

Check the Calendar of Events for dates and times of stripe testing.

STRIPE #3: KUMITE

**** MANDATORY ATTENDANCE: 8 CLASSES ****

- **Ippon Kumite #1-10**—Left & Right Foot Back
 - * #7—Palmheel Block, Side Kick, Close Punch, Roundhouse Punch, Hook Foot Sweep, Punch
 - * #8—Forearm Block, Front Elbow Strike, Inside Foot Sweep, Side Stomp Kick
 - * #9—Forearm Sweeping Block, Rising Elbow Strike, Knee Strike, Dropping Elbow Strike
 - * #10—Hooking Wrist Block, Ridgehand Strike, Tigermouth Strike, Step Behind & Takedown, One Knuckle Punch
- **Jiyu Ippon Kumite**—Freestyle One Step Sparring
 - * Against Chest Level Punches
- **AA (Angle Attack)** — Left & Right Front Angles
 - * Using Hand & Foot Combinations
- **Jiyu Kumite**
 - * Using SA, ABC, BC, RS, ABT, SS, IDA & AC
 - * Tori vs. Uke: *Offense vs. Defense Drill*
 - * Te vs. Ashi: *Hands vs. Feet Drill*
 - * *Be Able to Respond to Called Out Strategies*

STRIPE #4: SELF-DEFENSE & BREAKFALLS

**** MANDATORY ATTENDANCE: 8 CLASSES ****

Ground Self-Defense:

- **Side Guard**—Turning, Switching, Side Kick
- **Back Guard**—Turning, Reverse Side Kick
- **Getting Up & Down From the Ground**
- **Apply Scissors & Sweep**
- **Escape Single & Double Leg Grabs**
- **Full Mount Drill**
- **Full Guard Drill**
 - * Transition to Full Mount When Partner Enters
 - * Top Position: Apply Collar Choke
 - * Bottom Position: Apply Guard Throw & Get Up

BREAKFALLS (Level #4—Over a Bump):

- **Back Breakfall, Side Breakfall, Front Breakfall & Forward Roll**

Spontaneous Self-Defense:

- **Stand-Up & Ground Attacks**
 - * With Single Partner
 - * With Multiple Partners

**NEXT STEP: SATURDAY BELT EXAM (CHECK CALENDAR OF EVENTS FOR DATE & TIME)
BE SURE TO COMPLETE INTENT TO PROMOTE SHEET AND TURN IT IN BEFORE EXAMINATION DAY.**

**WRITTEN EXAM GIVEN ON EXAM DAY—SEARCH FOR TRADITIONALKARATEDOJO
ON QUIZLET.COM TO STUDY**

**FULL FORMAL UNIFORM (GI JACKET, PANTS & RANK BELT) MUST BE WORN FOR ALL
SATURDAY BELT EXAMS. STUDENTS NOT IN FULL UNIFORM WILL NOT BE ALLOWED TO TEST.**