

FAMILY KARATE RONIN DOJO

Brown
2nd Kyu

Recommended Reading List

- **Unante** by John Sells
- **Ancient Okinawan Martial Arts** by Patrick McCarthy
- **Living the Martial Way** by Forrest E. Morgan, Maj USAF
- **Dynamic Karate** by M. Nakayama
- **Fighting Karate** by Hideyuki Ashihara
- **Sword and Brush** by Dave Lowry
- **The Complete Idiots Guide To Karate** by Hassell and Otis
- **The Book Of Five Rings** by Musashi Miyamoto
- **The Zen Way To The Martial Arts** by Taisen Deshimaru
- **The Karate Dojo** by Peter Urban
- **Moving Toward Stillness** by Dave Lowry
- **The Martial Spirit** by Herman Kauz
- **Autumn Lightning** by Dave Lowry

Suggested Authors: Mas Oyama Tak Kubota Funakoshi Joe Hyams Donn Draeger

And many more...

NAME

LAST TEST DATE

BELT SIZE

DATE

Family Karate

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Brown BELT (Ni Kyu) CURRICULUM

You will know you are ready to test when you can demonstrate all previous techniques and;....

- KIHON:** (basics) Blocks, punches, strikes and kicks in 1 count with good form, speed and power. (basics) Relaxed. Use strong focus and powerful hips. Equal on R and L side. Stances consistent with proper width, depth, angle and posture. Moving stances: Speed & power off the line, hips level and relaxed with Hara forward.
- KATA:** (forms) Concentrate on quick, focused techniques; eye contact, proper targeting, timing, spirit (kiai), (forms) snapping hip motion must initiate power. Demonstrate quick movement off the line in proper stance, posture. Hips must stay level and must initiate power. Embusen correct. Must learn at least one study kata by 1st kyu.
- GOSHINDO:** (self defense) 2 advanced defenses (escapes) for each situation done quickly, sharply and relaxed. (self defense) Correct with strong kiai and zanshin.
- IPPON KUMITE** Defend using all past ippon techniques with sweeps. Must have good timing, distance. (one step) Show bunkai Light contact to body. Show control. Add 90' sidestepping to L and R, and takedowns.
- KOBUDO** Bo waza 1-10 bunkai
- KEY WORDS:** R&L Side Equal, Control, Quick, Kiai, Hips, Take Downs, Zanshin.

TECHNIQUE	√	GRADE	TECHNIQUE	√	GRADE
Mae Geri			Zenkutsu Dachi		
Mawashi Geri			Shiko Dachi		
Kansetsu Geri			Heiko Dachi		
Ushiro Kick			Neko Ashi Dachi		
Shuto Gedan Barai			Kamae Dachi		
Age Uke			Sieunchin		
Kensasae Uke		***	<i>Independent Study Kata</i>		
Uchi Uke			Kururunha, Shisoshin		
Shuto Uke					
Oi Zuki			Ippon Kumite		
Gyaku Zuki moving			Bunkai (Bassai Dai)		
Technique Combinations/ moving					
Uraken Zuki			Goshindo: Arm Grabs		
Shotei Uchi			Goshindo: Front/Rear Chokes		
Shuto Uchi			Weapon Kata of Choice		

***Must know at least one before Shodan-ho

WRITTEN: 2nd Kyu Written Test

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