

FAMILY KARATE RONIN DOJO

Brown
3rd Kyu

You have been on a long journey. Sometimes it was difficult, sometimes not. It is a road on which you have persevered for some time. Black Belt is in sight.

The Brown Belt color stands for maturity. A tree grows green, the the wood becomes hard and strong when it matures and turns brown. You have a goal in front of you beyond brown. You will need all of that maturity to attain that next goal. Black belt is achievable. You only need to prepare. Be ready! Use the next three kyu to work on the following:

- Perfect the basics, with snap and accuracy.
- Acquire expert technical knowledge of: kicks, blocks, punches, strikes, stances, ippon kumite, throwing, falling, kata and bunkai.
- Prepare to perform kata: all kyu kata
- Work on kumite:
 1. Be able to apply the Five Types of Defense, and the Five Opportunities to Attack.
 2. Develop your own fighting style.
 3. Understand maii, kime, zanshin, tai and ashi sabaki as applied in kumite.
 4. Be able to analyze different opponents and develop strategies to defeat them.
 5. Develop and understand the importance of Ki to achieve victory.
 6. Work for control of all technique you use in kumite to enhance your ability to learn with a partner.
 7. Develop both your right and left side and your ability to spar from both.
 8. Adjust your attitude toward kumite so you can relax and fight smoothly.
- Help teach, for nothing teaches like teaching.
- Strengthen yourself physically as required for the fitness test. You'll need to be strong and have endurance.

Do all this with the guidance of your Sensei. They are trained to know how to help you prepare yourself. Utilize both group and private instruction. This will all take time. You have enough time if you use it wisely, maturely. Prepare to show the panel of Black Belts that you deserve to be one of them.

The ascent to the summit is in sight. All the others have fallen away. It is you and the mountain, the toughest part of the mountain. Apply the skills that have served you so well to get to this point and you will succeed.

NAME

LAST TEST DATE

BELT SIZE

DATE

Family Karate

Ronin Dojo

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BROWN BELT (San 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. 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), 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. Correct with strong kiai and zanshin.

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		
			Neko Ashi Dachi		
Shuto Gedan Barai			Kamae Dachi		
Age Uke			Bassai Dai		
Hijisase Uke		***	<i>Independent Study Kata</i>		
Kakewaki Uke			Kururunha, Shisoshin		
Kakete Uke / 2 versions					
Oi Zuki			Ippon Kumite		
Gyaku Zuki moving			Bunkai (Bassai Dai)		
Technique Combinations/ moving					
Yama Zuki			Goshindo: Arm Grabs		
Ura Zuki			Goshindo: Front/Rear Chokes		
Haito Uchi			Bo waza 1-10 with bunkai		

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

WRITTEN: 3rd Kyu Written Test

ORAL: One pinan kata demonstrated with all technique called out in Japanese

3rd Kyu Written Test