

# Techniques Syllabus

BROWN BELT

2<sup>nd</sup> & 1<sup>st</sup> Kyu

*Basic techniques and terminology as for white through green belts as well as the following:*

## **A) Techniques**

### **\* Ido (Moving Basics)**

Kumite No Kamae Step work moving in various angles

### **\* Kata**

Pinan Sono Ichi - Go 'Ura', Tensho, Saifa, Gekisai Sho, Tekki Sono Ni, Bo Kihon Sono Ichi

## **B) Conditioning**

\* Flexibility: Chest touches the floor in a seated position with legs open.

\* Push -ups: 100

\* Jumping Squats : 100

\* Hand stand : 90 seconds

\* Chin ups: 15

\* Jump ( Tobi Geri): Your own height + 30 cm (Tobi Ushiro Geri or Tobi Ushiro Mawashi Geri, right & left)

## **C) Kumite**

(1) **Yakusoku Kumite:** Uke and Uke Kaeshi Combination in Kumite No Kamae, Step work

(2) **Jiyu Kumite:** 60 seconds \* 10 rounds

Criterion: Reigi / Kamae / Kiai / Speed / Power / Stamina (Kokyu) / Uke Kaeshi / Rhythm / Combination

(Balance between hand technique and kicks) / Stepwork

## **D) Tameshi Wari**

More than the IKO Tournament Rule Standard

**E) Goshin Jitsu (Self-Defense) :** Basic Movements

## **F) Written Examination**

\* In the terminology and philosophy pertaining to this rank. Contents of which shall be provided by the IKO