



Testing Requirements to Obtain Ichi Kyu (Brown³ Belt)

I. **Kata:** Select one of the following katas:

Tekki Sandan, Bassai Dai, Jion, Enpi, Kanku Dai, Hangetsu, Jitte or Gankaku

II. **Kihon:**

Note: (Each sequence to be performed three times)

1. Stepping Forward: Zenkutso-dachi - Oizuki Sanbon Zuki: Jodan X1, Chudan X2
2. Stepping Backward: Zenkutso-dachi - Jodan Ageuke, Chudan Gyaku zuki
3. Stepping Forward: Zenkutso-dachi - Chudan Soto Udeuke, Kiba-dachi - Enpiuchi, Jodan Tate Urakenuchi
4. Stepping Backward: Kokutsu-dachi - Chudan Shutouke, Kizame Maegeri, Zenkutso-dachi - Nukite
5. Stepping Forward: Zenkutso-dachi - Chudan Uchi Udeuke, Gyakuzuki
MAWATTE
6. Stepping Forward: Zenkutso-dachi - Maegeri Rengeri: Chudan Kizame Maegeri X1, Jodan Maegeri X1
MAWATTE
7. Stepping Forward: Zenkutso-dachi – Mawashigeri Rengeri: Chudan Kizame Mawashigeri X1, Jodan Mawashigeri X1
8. Left & Right Side: Kiba-dachi - Jodan Yoko Keage
9. Left & Right Side: Kiba-dachi - Chudan Yoko Kekomi
10. Stepping Forward: Zenkutso-dachi - Chudan Yoko Kekomi, Mawashigeri, Gyakuzuki
MAWATTE
11. Stepping Forward: Zenkutso-dachi - Chudan Mawashigeri, same leg Yoko Kekomi, Gyakuzuki
12. No Movement: Zenkutso-dachi - Jodan Maegeri to front, Jodan Yoko Keage to side, Chudan Yoko Kekomi to side.
13. Control Test: Zenkutso-dachi - Gyaku zuki to target moving up & down & side-to-side, held by examiner at maximum speed and focus point just short of making contact. Execution requires use of maximum reach in employment of Gyaku zuki

III. **Kumite – Kihon Ippon Kumite - Zenkutso-dachi (One Step Basic Sparring)**

1. Attack Side: Stepping Forward: Jodan Oizuki
Block Side: Stepping Backward: Jodan Ageuke, Chudan Gyakuzuki
2. Attack Side: Stepping Forward: Chudan Oizuki
Block Side: Stepping Backward: Uchi Udeuke/Soto Udeuke, Chudan Gyakuzuki
3. Attack Side: Stepping Forward: Chudan Maegeri
Block Side: Stepping Backward: Gidan Uke, Chudan Gyakuzuki
4. Attack Side: Stepping Forward: Chudan Ushirogeri
Block Side: Stepping Backward: Soto Udeuke, Chudan Gyakuzuki
5. Attack Side: Stepping Forward: Chudan Yoko Kekomi
Block Side: Stepping Backward: Soto Udeuke, Chudan Gyakuzuki



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II. **Kihon:**

Note: (Each sequence to be performed three times)

1. Stepping Forward: Front Stance - One Step 3 Punches: Face Level X1, Stomach Level X2
2. Stepping Backward: Front Stance - Rising Block, Stomach Level Reverse Punch
3. Stepping Forward: Front Stance - Stomach Level Outside Block, Shifting into Straddle Leg Stance - Elbow, Face Level Vertical Back Fist
4. Stepping Backward: Back Stance - Stomach Level Knife Hand Block, Front Leg Front Kick, Shifting into Front Stance - Spearhand
5. Stepping Forward: Front Stance – Chudan Inside Forearm Block, Reverse Punch
TURN AROUND
6. Stepping Forward: Front Stance - Double Front Kick: Stomach Level Front Leg Front Kick X1, Face Level Front Kick X1
TURN AROUND
7. Stepping Forward: Front Stance – Double Roundhouse Kick: Stomach Level Front Leg Roundhouse Kick X1, Face Level Roundhouse Kick X1
8. Left & Right Side: Straddle Leg Stance - Face Level Side Snap Kick
9. Left & Right Side: Straddle Leg Stance - Stomach Level Side Thrust Kick
10. Stepping Forward: Front Stance - Stomach Level Side Thrust Kick, Roundhouse Kick, Lunge Punch.
TURN AROUND
11. Stepping Forward: Front Stance - Stomach Level Roundhouse Kick, Same leg Side Thrust Kick, Lunge Punch.
12. No Movement: Front Stance - Face Level Front Kick to front, Side Snap kick to side, Stomach Level Side Thrust Kick to side.
13. Control Test - Examinee from Zenkutsu-dachi executes Gyakuzuki to target moving up and down & side-to-side held by examiner at maximum speed and focus point just short of making contact. Execution requires use of maximum reach in employment of Gyakuzuki.

III. **Kumite – Kihon Ippon Kumite – Front Stance (One Step Basic Sparring)**

1. Attack Side: Stepping Forward: Face Level Punch
Block Side: Stepping Backward: Rising Block, Reverse Punch
2. Attack Side: Stepping Forward: Stomach Level Punch
Block Side: Stepping Backward: Stomach Level Block, Reverse Punch
3. Attack Side: Stepping Forward: Stomach Level Front Kick
Block Side: Stepping Backward: Downward Block, Reverse Punch
4. Attack Side: Stepping Forward: Stomach Level Back Kick
Block Side: Stepping Backward: Outside Forearm Block, Reverse Punch
5. Attack Side: Stepping Forward: Stomach Level Side Thrust Kick
Block Side: Stepping Backward: Outside Forearm Block, Reverse Punch