

OKAIGAN KARATE DOJO

1ST LEVEL BROWN BELT EXAM REQUIREMENTS - 3RD KYU

MINIMUM NUMBER OF CLASSES/MONTHS

6 Months

-classes are based on training 2-3x per week

(under age of 12 it may take 7-12 months to be ready to test)

In addition to all requirements for Yellow-Red Belt

- BLOCKS:** Low knife hand block and all blocks in reverse form
- COMBINATIONS:** Students are expected to be able to put together a combination that may not be written down but they should be able to perform such as reverse punch to front kick or front kick to punch
- TESTING KATA:** Bassai Dai
- OTHER KATA:** All Kata below Bassai Dai
- IPPON KUMITE:** Jodan, Chudan Gedan Zuki, Mae, Mawashi, Yoko, Ushiro
-Must show a block prior to a counter.
-Must demonstrate sun-dome and shoulders square on counter. (no reverse blocks)
-Must show a proper block for all attacks
- BUNKAI:** Will be asked to demonstrate bunkai of their kata's on exam
-If you do not understand the bunkai, do not test
- SELF DEFENSE:** Demonstrate a deeper understanding of how to grab and escape from any and all grabs
- BAGS:** 1:1 formal and Jiyuu
- QUESTIONS:** Be prepared to answer questions on exam such as Kihon, Kata, Kumite, History etc
- REFEREE WORKSHOP:** Between red belt and 1st brown belt the student needs to attend at least 2 workshops.

RECOMMENDED READING

Recommend to purchase the book: Dynamic Karate, by Nakayama

Recommend to purchase the book: Best Karate Series, by Nakayama Book #8

Student will receive written questions about this book on their exam.

STUDENTS RESPONSIBILITIES

- Student must understand all student responsibilities listed on previous requirements in addition to the following:
- Upon receiving a brown belt students will attend and referee/judge at the annual Okaigan karate tournament. This means you will need to purchase or borrow the following: gray slacks, navy blue blazer, white dress shirt (short sleeve preferred) navy blue tie, black or navy socks. Adults need black slip on shoes, Youth may wear any black pair of shoes.
- If you are unable to attend for any reason a written notice of why must be given at least 48 hours before the tournament (and the answer given must be approved by Sensei Mary or the consequences will be: wear a weight belt for one month and skip the next scheduled brown exam that you are scheduled for.
- Upon receiving a 1st level brown belt students will need to attend at least 1 referee/judge workshops every other month. The dates in which you attended need to be documented and brought with you to your next exam.

Note: By third level brown belt the student is expected have a minimum of a judge license

- Students have now incorporated snap in their movements
- When moving backward in a front stance the heel needs to remain flat as you transition from stance to stance
- Show up to exam 30 minutes early
- Written Exams and Service hours are typed

Students must complete 15 service hours of karate teaching prior to testing for their belt

Students age 14+ are required to teach a class on your own, please talk to sensei about availability

TESTING DATES

Test dates and students eligible are posted every 3 months in the dojo