

# 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)*

### PUNCHES

Stationary Reverse Punch, Lunge Punch, Double Punch and Triple punch

### BLOCKS

Rising, Down, Inside, Outside, Knife Hand Block, Augmented Block

All Blocks followed by a reverse punch

Wedge and augmented blocks moving in either a front or back stance

Any block followed by double punch

Any block followed by a strike

X-block and Wedge Block

Any triple punch, block and/or strike combination

Low knife hand block and all blocks in reverse form

### STANCES

-Ready Position, Front Stance, Straddle Stance, Back Stance, Fighting Stance, Cross legged Stance, Cat stance, half-front stance

-Must demonstrate knowledge of all stances moving forward and backward.

### COMBINATIONS

Inside block, elbow strike, back fist to reverse punch

Knife hand block, front snap kick to spear hand thrust

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

### STRIKES

-Incorporate a mid-point cover

Bear Claw, Fork to the Eyes, Spear (low and middle), Single Finger, Forward Elbow,

Roundhouse Elbow, Palm Heal, Inside/Outside Ridge, Inside/Outside Shuto, Hammer

Strike, Fore-Knuckle, and Back-fist

### KICKS

Stationary and Moving Front Snap and Front Thrust Kicks

Stationary and Moving Side Snap and Side Thrust Kicks

Stationary Back Thrust Kick

Moving Back Thrust Kick

Any double kick combination using same leg or alternating

### TESTING KATA:

Bassai Dai

### OTHER KATA:

Taikyoku Shodan, Heian Shodan, Heian Nidan, Heian Sandan, Heian Yodan, Heian Godan, Tekki Shodan,

Gyaku Taikyoku Shodan, Gyaku Heian Shodan, Gyaku Heian Nidan, Gyaku Heian Sandan, Gyaku Heian Yodan,

Gyaku Heian Godan

### 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:

You will be asked to demonstrate bunkai of any testing or prior kata 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

## **IPPON KUMITE**

Jodan, Chudan, Gedan Zuki

Mae, Mawashi, Yoko, Ushiro Geri

## **SPARRING**

5 step sparring

Jiyu kumite (free sparring)

## **BAGS:**

1:1 formal and Jiyu

## **QUESTIONS:**

Be prepared to answer questions on exam such as Kihon, Kata, Kumite, History etc

## **REFEREE/JUDGE WORKSHOPS**

These are held the third Tuesday of the month from 6:00pm-7:30pm. 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 three months. The dates in which you attended need to be documented and brought with you to your next exam.
- 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**

## **SEMINARS**

-Attend 3 dojo seminars in the past 3 months (seminars are often held by visiting sensei's such as Igaki, Murphy, Morton. EXAMPLE: if you waited 9 months between testing then you have attended at least 6 seminars if available.

## **TOURNAMENTS**

\*\* Attend the DOJO Tournament in May (1 year)

\*\* Attend one (1) "In-House" Tournament at dojo (2 per year)

## **TESTING DATES**

Test dates and students eligible are posted every other month in the dojo

**Updated: August 1, 2018**