

# OKAIGAN KARATE DOJO

## 3RD LEVEL BROWN BELT EXAM REQUIREMENTS - 1ST KYU

### MINIMUM NUMBER OF CLASSES/MONTHS

**8 Months**

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

*(under age of 12 it may take 9-12 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 and Moving Back Thrust Kick

Any double kick combination using same leg or alternating

Perched Kicks: Front, round, side, back -5x each leg (double any one kick)

### TESTING KATA:

Empi and Hangetsu

### OTHER KATA

All Kata below Empi

### 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

### 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)

### SPARRING:

Two (1 minute) matches of tournament sparring

Jiyu Kumite

**BAGS:**

1:1 formal, 1:1 1-3 rounds, 2:1 1 round

**SELF DEFENSE:**

Demonstrate a deeper understanding of how to grab and escape from any and all grabs.

**CIRCLE DRILL:**

Kihon, Self Defense and/or bag circle drills

**REFEREE:**

Referee two (1 minute) matches during exam. Judge 4 (1) minute matches during exam.

**REFEREE WORKSHOP:**

Between 2nd brown belt and 3rd brown belt the student needs to attend at least 5 workshops. The dates in which you attended need to be documented and brought with you to your next exam.

**CONTROL:**

Student will demonstrate control in all aspects of his/her exam (especially during self defense and kumite).

**QUESTIONS:**

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

**RECOMMENDED READING**

Recommend to purchase the book: Karate do Nyumon, by Gichin Funakoshi

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:
- Brown belt students will attend and referee/judge at the annual Okaigan karate tournament. 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.

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

- Upon receiving a 3rd 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.

**Demonstrate leadership skills in the dojo**

- You will mentor a 2nd kyu brown belt once you have been awarded a 3rd level brown a 2nd kyu student will be assigned to you. Your responsibility will be to help them learn their new testing kata's and serve as a role model and mentor to them.
- Show up to exam 30 minutes early
- Written Exams and Service hours are typed

**Students must complete 20 service hours of karate teaching prior to testing for their belt**

**Students age 14+ are required to teach these classes 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 in the dojo

**Updated: August 1, 2018**