

OKAIGAN KARATE DOJO

2ND LEVEL BROWN BELT EXAM REQUIREMENTS - 2ND 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

Outside 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, Outside and Inside Mikezuki Geri, Roundhouse to

back 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:

Join & Kanku Dai

OTHER KATA:

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

Bassai Dai, 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

**Recommend to be rehearsed with a partner

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

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/JUDGE

Judge 4 (1) minute matches on exam.

REFEREE WORKSHOP:

These are held the third Tuesday of the month from 7:00pm-8:00pm.

Between 1st brown belt and 2nd brown belt the student needs to attend at least 3 workshops. The dates in which you attended need to be documented and brought with you to your next exam.

QUESTIONS:

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

RECOMMENDED READING

Recommend to purchase the book: Best Karate Series, by Nakayama Book #7

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.
- Upon receiving a 2nd 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.

Demonstrate leadership skills in the dojo

- You will mentor a 3rd kyu brown belt once you have been awarded a 2nd level brown a 3rd 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 a class on your own, please talk to sensei about availability

DAY OF EXAM

On the day of the exam students will be required to turn in or show the following:

They show up to exam in their Medium Weight Gi (no kumite gi'a allowed).

They have completed their written exam, only 100% will be accepted

They have attended 3 seminars, since their last belt exam

They have completed 20 service hours, these are written down and turned in, (date/time/class/sensei)

Attend 1 in house tournament, if the dojo is doing them, otherwise it will be exempt

Updated: June 2024