

Ik kyu Requirements- 1st Brown Belt

Physical Fitness

30-40 push-ups

25 leg raises

50 sit-ups

10 squat thrusts

80 jumping jacks

2 rounds jump rope @ 2 min. / 1 min. rest

Kihon

Walking Drill #5

Student must also demonstrate:

Empi uchi: yoko, mawashi, jodan (elbow strikes: side, roundhouse, rising)

Kime waza (focus technique) with gyaku zuki

Kata- Heian Shodan – Godan, Tekki Shodan, Bassai Dai, Enpi, Jion, Kanku Dai

Kumite Jiyu Ippon

Jiyu Ippon Kumite (2 jodan, 2 chudan, 2 mae geri, 1 yoko kekomi, 1 mawashi geri) L / R sides

Karateka will be given a topic by instructor to write an expository essay. (200-250 words)

Student must be able to perform these techniques with NO assistance from instructor or other students in order to pass exam.