

# 1st Kyu Brown Belt with Black Stripe

Minimum 42-48 months consistent training to qualify

## **GENERAL KNOWLEDGE**

Strong knowledge of all techniques and commands in Japanese

Teaching Skills

Written Test: The knowledge of the Kyokushin Tournament Rules and Judges terminology

Tournament Participation since beginning of Kyokushin Karate

## **FITNESS**

Knuckle push-ups 50

Knuckle push-ups & five finger push-ups 20

Three finger push-ups 10

Two finger push-up 10

Crunches 30x 5

Squats 200

Jumping Squats 30

Handstand against wall for 1 minute

Walk on hands for 5 meters

## **UKE-WAZA (Blocks)**

Tate Uke / Tate Shuto Uke / Hiza Uke

(Again same as previous grade from 5<sup>th</sup> Kyu to 2<sup>nd</sup> Kyu)

## **TZUKI & UCHI WAZA (Thrust s & Strikes)**

(Again same as previous grade from 5<sup>th</sup> Kyu to 2<sup>nd</sup> Kyu)

## **KERI WAZA (Kicks)**

(Again same as previous grade from 5<sup>th</sup> Kyu to 2<sup>nd</sup> Kyu)

## **IDO GEIKO (Moving Basics)**

(Again same as previous grade from 5<sup>th</sup> Kyu to 2<sup>nd</sup> Kyu)

## **RENRAKU**

1) Zenkutsu Dachi: Yohon Uke( Jodan Uke ,Shoto Uke,Uchi Uke,Gedan Barai), Seiken Chudan-Tsuki, Seiken Chudan Uchi Uke,Uraken Gammen Uchi, Chudan Hiji Ate,Uraken Sayu-Uchi(Shomen), Giyaku Shita Tsuki (One count 10 Techniques)

## **KATA**

Tensho

## **GOSHIN JITSU (self-defence)**

**TAMASHIWARI**

Seiken 3 Boards

Shuto 3 Boards

Hiji 3 Boards

Kakato 3 Boards

**KUMITE:** 10 Rounds

