



Brown Belt 1 Stripe Review (3 Kyu)



Koteatie Set #3

TECHNIQUE

1. Toes to outside shin
2. Toes to front thigh
3. Toes to outside thigh
4. Toes to inside thigh
5. Kick to stomach
6. Kick to lateralis muscle
7. Kick to shoulder and triceps

STRIKE

- right to left, alternate leg
- right to left, alternate leg
- right to left, alternate leg
- right to left, alternate leg
- front side kick, alternate leg
- right to left, front side kick, alternate leg
- right to left with instep as defender guards face,
alternate leg



Brown Belt One Step Ippon Kumite #4

Attacker steps forward on initial punch. Unless noted, defender steps back and changes body on initial block.

#	DESCRIPTION	ATTACKER	DEFENDER
1.	Two Knife Hand Blocks, Back Fist	Middle punch Reverse middle punch	Knife hand inside block Knife hand inside block (same hand), grab wrist, back fist to face
2.	Cross Body Block, Back Fist	Middle punch	Cross body block, back fist to face
3.	Double Knife Hand Block, Spear Hand to Shoulder	Middle punch	Double knife hand outside block, grab wrist, spear hand to shoulder
4.	Double Bone Block, Spear hand to Armpit	Middle punch	Double bone block and punch to ribs
5.	Double Bone Block, Punch to Ribs	Middle punch	Wansu to elbow and punch to ribs
6.	Wansu, Punch to Ribs	Middle punch	Above/below forearm block, roll forearm down, grab gi at elbow, punch to side of head
7.	Above/Below Forearm Block, Punch to Head	Middle punch	Ridge hand under wrist and grab wrist from above, shuffle forward while bending legs and pushing up on wrist, grab shoulder
8.	Double Bone Block, Low Block, Back Fist to Head	Back fist to head Spinning back fist Spinning back fist	Step forward, open hand outside block and punch to ribs Step back, block, grab arm above elbow, punch to neck Elbow next to shoulder blade, pull on arm



3rd Kyu Tuite

#	DESCRIPTION	DEFENDER
1.	Praying hands, knee on upper arm	Step in, extend arm, pull other arm to shoulder, twist extended arm to free hand and grab wrist, step back to pull other hand free and push down on elbow with forearm, step forward twice and force to floor, shuffle forward coming down on knees, knee on upper arm.
2.	Same side wrist with punch, double wrist lock	Step in, open hand block, grab wrist from below, pull hand free and push against fingers, step back 90°, force to floor on back with arm up, double wrist lock, turn wrist, follow in a circle.
3.	Same side wrist with punch, hand on elbow	Step in, open hand block, grab wrist from below, pull hand free, grab elbow from below with other hand, push against fingers, step back 90°, force to floor on side with arm up and elbow bent, pull on wrist, hold elbow.
4.	Middle punch, pull on arm bar	Step back 45°, grab wrist with both hands, double wrist lock, step back 180° and twist wrist, force to floor, turn while pulling up on arm.
5.	Same side wrist with punch, kick back of knee	Step in, open hand block, grab forearm, big step forward 180° under raised arms, grab wrist and hand, grab neck, hammerlock, kick back of knee.



Bo Tai Bo

Attacker steps forward when striking. Unless noted, defender steps back when blocking.

#	DESCRIPTION	ATTACKER	DEFENDER
1.	Rib Jab	Head strike Low strike Head strike	High block Low block High outside block, shuffle forward, jab to ribs
2.	Outside Slide In	Head strike Low strike Head strike	High block Low block Change body 45°, slide bo from outside under wrist, step forward, pull up on bo front, push down on bo back
3.	Head Jab	Head strike Low strike Head strike	High block Low block Change body 45°, strike bo down, jab to head
4.	Head Strike	Head strike Low strike Head strike	High block Low block Change body 45°, light high block, bo back to shoulder, step forward, head strike
5.	Inside Slide In	Head strike Low strike Head strike	High block Low block Step forward, change body 45°, slide bo from inside under hand, pull down on bo front, push up on bo back



Bo San Dan

# STEP	STANCE	TECHNIQUE
<i>Yoi</i>	Attention	Bo on right side, left hand grabs bo
1. Left back	Right front	Right head strike
2. Left forward	Left front	Right low block, triple strike
3. Right forward	Right front	Solar plexus jab
4. Left forward	Straddle	Left low block, left circle chest high jab
5. Right forward	Right front	Right head strike
6.		Three helicopter low strikes, right head strike
7. Shuffle forward	Right front	Solar plexus jab
8. 180° left	Left front	Bo down low, circular sweep, bo at solar plexus
9. Right forward	Right front	Solar plexus jab
10. Left forward	Left front	Right low block, triple strike
11. Right forward	Right front	Solar plexus jab
12. Left forward	Straddle	Left low block, left circle high jab
13. Right forward	Right front	Right head strike
14.		Three helicopter low strikes, right head strike
15. Shuffle forward	Right front	Solar plexus jab
16. 180° left	Right front	Horizontal head block, three helicopter low strikes, right shoulder right head strike, left shoulder right head strike
17. Shuffle forward	Right front	Solar plexus jab
<i>Yame</i> , right back	Attention	Bo on right side, left hand grabs bo



Naihanchi Ni Dan Kata

# STEP	STANCE	TECHNIQUE
<i>Yoi</i>	Attention	Left palm up in front of right palm, down and crossed
1. Left around right	Left cross	Fists together at solar plexus
2. Right side	Naihanchi	Right reinforced side double bone block
3. Left around right	Left cross	Right cross body block
4. Right side	Naihanchi	Right reinforced side double bone block
5. Left side	Attention	Fists together at solar plexus
6. Left side	Naihanchi	Left reinforced side double bone block
7. Right around left	Right cross	Left cross body block
8. Left Side	Naihanchi	Left reinforced side double bone block
9.		Right finger reinforced block, right leg block, right side knife block, left punch across stomach
10. Left around right	Left cross	
11. Left side	Naihanchi	Left double bone block, right double bone block with left down block, right reinforced back fist, left finger reinforced block, left leg block, left side knife hand, right punch across stomach
12. Right around left	Right cross	
13. Right side	Naihanchi	Right double bone block, left double bone block with right down block, left reinforced back, <i>kie</i>
<i>Yame</i> , right side	Attention	Left palm up in front of right palm, down to fists



Ananku Kata

# STEP	STANCE	TECHNIQUE
<i>Yoi</i>	Attention	Left palm up in front of right palm, down to fists
1. 45° left, right back	Left front	Left knife hand block
2. 90° right, right forward	Right front	Right knife hand block
3. 135° left, pivot	Left front	Left double bone block, right double middle punch
4. 180° right, pivot	Right front	Right double bone block, left double middle punch
5. 90° left, right back	Left front	Left front snap kick with double inside thigh block, simultaneous double middle punch
6. Right forward	Right front	Double hammer punch
7. 45° left, left forward	Left front	Left double bone block, right double middle punch, right front snap kick, right reverse middle punch
8. 90° right, right forward	Right front	Right double bone block, left double middle punch, left front snap kick, left reverse middle punch
9. 45° left, right forward	Right front	Left knife hand on right forearm, right back fist
10. 180° left, pivot	Left front	Left down block
11. Right forward	Right front	Right middle punch, <i>kia</i>
12. Left to right heel	Left against heel	Right double bone block
13. Left back	Right front stance	
14. Left forward turned 90° Right forward	Left front 90° Right front	Right front snap kick Right down block, left reverse middle punch, right front snap kick with right double bone block
180° left, pivot	Left front	45° left knife hand block
15. Left back	Right front	45° right knife hand block
<i>Yame</i> , right side	Attention	Left palm up in front of right palm, down to fists