



Brown Belt 3 Stripe Review (1 Kyu)



1st Kyu Tuite

ATTACKER

1. Cross grab wrist
2. Same side elbow grab
3. Single lapel grab
4. Same side shoulder grab
5. Shake hands

DEFENDER

1. Cross over re-grab and wrist lock stepping back and pulling to ground.
2. Cross over re-grab and hold with shuto stepping back and pulling to ground.
3. Cross over re-grab with opposite hand shuto over stepping back pulling to ground.
4. Same arm (as grabbed shoulder) swings over attacker's elbow, then do opposite under arm grab to neck and pull to floor, then step around to opposite side placing elbow against knee while 90' turn on wrist.
5. Step in cross over with opposite arm and under, change body to his inside hyper-extending elbow against your chest area, strike to groin with palm, then throat with fingers. Kick knee from behind and push attacker to floor on his back and grab his throat.



Kama Ichi



Sai Jitsu



Pinan Yon Dan Kata

STEP

1. Right horse
2. Same (no move)
3. Left front
4. Right front
5. Left front
6. Attention
7. Right front
8. Attention
9. Left front
10. Right cross
11. Left front 45'
12. Right front 45'
13. Left front
14. Right front
15. Left front
16. Right front

TECHNIQUE

- Left jab & high knife block
Right jab & high knife block
Double bone reinforced block
Right knuckle strike, elbow on hand
Left tuite grab, left kick
Right elbow, double fist pull
Right tuite grab, right kick
Left elbow, double fist pull
Left jab, high knife block
Right back knuckle strike
Left double bone & kick, double punch
Right double bone & kick double punch
Left low block, right elbow hand circle
Right kick
Double knife block
Double knife block



Seisan Kata

#	STEP	TECHNIQUE
1.	Left open	Fists spread
2.	Right back	Left double bone, right punch, & double bone
3.	Right front	Left punch & double bone
4.	Left front	Right reverse punch
5.	Left front	Left kick, double knuckle block, double-double bone
6.	Left front, 180'	Double rear knife
7.	Right front	Left block/grab, left rear knife
8.	Left front	Right block/grab, right rear knife
9.	Right front	Left block/grab, left rear knife
10.	Left front 45'	Left double bone, double punch kick under, punch
11.	Right front 45'	Right double bone, double punch kick under, punch
12.	Left front	Left double bone, double punch kick under, punch
13.	Attention @ 45'	Double fist
14.	Right attention step	Right back fist, kia
15.	Left block, right front	Right double bone
16.	Left cross	Kick, low block, bunch
17.	Front	Kick & double bone block
18.	Attention @ 45'	Double fist
19.	Left attention	Back fist, kia
20.	Right block left front	Double bone block
21.	Right cross	Kick, low block, punch
22.	Attention	Kick & double bone, double fist
23.	Right front	Back knuckle, low block
24.	Right back, left front	Arm circle, X-block