

Adult Curriculum for Brown Belt

(Third Kyu)

Hand Technique

Rising punch
Tiger mouth strike

Blocking Techniques

Circular chop block
Palm corner block
Pressing block
Inner / outer block:
Palm up
Palm down

Leg Techniques

Reverse crescent kick
Inside roundhouse kick
Flying double kicks:
Front / side
Front / roundhouse
Front / crescent
Axe kick (inside / outside)

Kata and Applications

Jutte (Ten Hands)
Tension kata
Formatted applications

Blocks and Punches

Add this set:
(in inward stance)
Soft middle low block
Pressing block
Inner outer block
(see page 6.5)

Throwing Techniques

Unbalancing: eight directions
(kuzushi)
Pin (kesa gatame)
Big outside clip (osoto gari)
Hip throw (ogoshi)
Armlock (ude gatame)

Weapons

Tambo 1
Formatted applications

Sparring and Self Defense

Electric shock
Rhythm
Free sparring:
Three two-minute rounds

Board Breaking

For requirements (see page 10.1)

Stamina

Pushups: (maximum)
15/15 one arm
20 fingertip
20 knuckle
20 palm

Public Speaking

Three minutes in class

Written Exam

One week before test
(see pages 8.18, 8.19)

Written Paper

Brief bio, reasons for training and life experiences. Two pages typed

Leadership and Philosophy

Ten “Nesses” of Leadership

Fitness – Health
Wellness – Health
Assertiveness – PR
Openness – PR
Fairness - PR
Directness – PR
Oneness – Improvement
Togetherness – Improvement
Forgiveness – Improvement
Creativeness – Improvement

5 Ups of Learning and Teaching

Shut Up
Put Up
Beat Up
Keep Up
Live Up

Five Troubles To Avoid

Alcohol abuse
Bigoted bull
Cardiovascular carelessness
Drug dependency
Excessive ego

**Pyramid Formulas for Happiness,
Harmony and Healthy Training**
(see page 2.3)

Adult Curriculum for One Black Stripe

(*Second Kyu*)

Hand Technique

Bent wrist strikes:
 horizontal
 upward
 downward
 diagonal upward
 diagonal downward
 Looping punch
 Looping ridgehand
 Palm corner strike

Blocking Techniques

Joined hands block: (three levels)
 (pre-arranged with kicks)
 Bent wrist blocks: (three levels)
 Palm corner block
 Palm push to elbow

Leg Techniques

Spinning reverse crescent kick
 Reverse dropping kick
 Flying back kick
 Flying wheel kick

Kata and Applications

Empi (Flying Swallow)
 Formatted applications

Blocks and Punches

Add this set:
 (in inward stance)
 Palm push (see page 6.5)

Escaping and Throwing Techniques

Four directions throw (shiho nage)
 Over neck throw (yin / yang)
 (kokyunage, iriminage)
 Body drop (tai otoshi)
 Hip sweep (harai goshi)

Weapons

Bo:
 Basic strikes
 Bo 1 and formatted applications
 Figure eight: forward and reverse
 Basic knife defense principles

Sparring and Self Defense

Jamming concepts:
 Body, joints, legs
 Free sparring:
 Three-two minute rounds

Board Breaking

For requirements (see page 10.1)

Stamina:

Pushups: (maximum)
 15/15 one arm
 20 fingertip
 20 knuckle
 20 palm

Written Paper

Brief bio, reasons for training,
 teaching related experiences.
 Two pages typed.

Leadership and Philosophy

Assistant teaching experience:
 four months as a brown belt

Ten Stages of Growth

Nobody
 Learner
 Worker
 Fighter
 Achiever
 Winner
 Teacher
 Leader
 Thinker
 Philosopher
 Nobody (see page 2.1)

Five Loves of a Sensei

Teaching
 Sharing
 Students
 Martial arts
 Growth

Five Negatives in Teaching

Don't ridicule any student
 Don't make discriminatory remarks
 Don't push students excessively
 (to avoid burning them out)
 Don't show favoritism
 Don't lose your composure

Adult Curriculum for Two Black Stripes

(First Kyu)

Hand Techniques

Bearhand strike:
 Horizontal / vertical
 Bearhand knuckle strike:
 Horizontal / vertical
 Thumb strike
 Thumb knuckle strike
 Forefinger knuckle strike
 Middle knuckle strike
 One-finger strike
 Two-finger strike

Blocking Techniques

Funnel block

Leg Techniques

Jump spinning reverse crescent kick
 Butterfly kicks:
 Reverse crescent / crescent
 standing / ground
 Reverse crescent / roundhouse
 standing / ground
 Flying double kicks:
 Front / heel
 Serpent kick: standing / ground

Kata and Applications

Chinte (Beautiful Hands)
 Formatted applications

Blocks and Punches

All blocks and counter attacks
 in inward stance (see page 6.5)

Escaping and Throwing Techniques

Crossed arm lock
 (juji nage/ude garami)
 One arm shoulder throw
 (ippon seio nage)
 Seated arm lock (juji gatame)
 Arm-lock (ude gatame)
 Knee arm lock (hiza gatame)

Weapons

Bo 2 and applications
 Basic knife defense principles

Sparring and Self Defense

Free sparring:
 Three-two minute rounds
 Advanced foot sweeps

Board Breaking

For requirements (see page 10.1)

Stamina

Pushups: (maximum)
 15/15 one arm
 20 fingertip
 20 knuckle
 20 palm

Public Speaking

Three minutes in class

Leadership and Philosophy

Assistant teaching experience is
 four months as a one black stripe.

Twelve “Tions” for Teaching

Communication
 Simplification
 Explanation
 Demonstration
 Repetition
 Correction
 Creation
 Interrelation
 Reflection
 Motivation
 Evaluation
 Dedication

Five Trues for Love of Life

True friendship
 True love
 True happiness
 True peace
 True freedom