

# Brown Belt - 1st Kyu

## With 2 red stripes

Technique	Stance	No.	Additional information
<b>Kihon (Basics)</b>			
Sanbon-Zuki	Zenkutsu-Dachi	5	Stepping forward, turn, Mae Geri/Sanbon Zuki
Age-Uke/Mae-Geri/ Gyaku-Zuki/Gedan-Barai	Zenkutsu-Dachi	5	Stepping forwards and backwards
Soto-Ude-Uke/ Yoko-Empi-Uchi/ Jodan-Uraken-Uchi/ Chudan-Gyaku-Zuki/ Gedan Barai	Zenkutsu-Dachi Kiba-Dachi Kiba-Dachi Zenkutsu-Dachi Zenkutsu-Dachi	5	Stepping forwards and backwards
Uchi-Ude-Uke/ Kizami-Zuki/Gyaku-Zuki/ Gedan-Barai	Kokustu-Dachi Zenkutsu-Dachi Zenkutsu-Dachi	5	Stepping forwards and backwards
Shuto-Uke/ Mawashi-Kizami-Geri/ Nukite	Kokustu-Dachi Zenkutsu-Dachi	5	Stepping forward and backwards
Mae-Geri/Mawashi-Geri/ Jodan-Uraken-Uchi/ Chudan-Gyaku-Zuki/ Gedan-Barai	Zenkustu-Dachi	3	Turn, same back
Mae-Geri/Yoko-Geri-Kekomi/ Jodan-Shuto-Uchi/ Chudan-Gyaku-Zuki/ Gedan-Barai	Zenkustu-Dachi	3	Turn, same back
Yoko-Geri-Keage/ Chudan-Gyaku-Zuki/ Gedan-Barai	Kiba-Dachi Zenkustu-Dachi Kiba-Dachi	3	Turn, same back
Ushiro-Geri/ Gyaku-Zuki	Zenkustu-Dachi	3	Turn, same back

Facing the front in **Zenkutsu-Dachi**, kick **Mae-Geri** forward, **Yoko-Geri-Kekomi** to the side and **Mawashi-Geri** forward with the same leg. Repeat from opposite stance with other back leg.

# Brown Belt -1st Kyu

## Continued

Technique	Stance	No.	Additional information
Yoko-Geri-Kekomi (front leg)/Mae-Geri (back leg)	Stepping forward in Zenkutsu-Dachi	3	Turn, same back
Mae-Geri/Yoko-Geri-Kekomi	Zenkutsu-Dachi	3	Turn, same back
Mae-Geri/Mawashi-Geri	Zenkutsu-Dachi	3	Turn, same back
Mae-Geri/Yoko-Geri-Kekomi/Ushiro-Geri	Facing the front in Zenkutsu-Dachi. Repeat on opposite side	3	Performing consecutive kicks on the same leg
<b>Kumite (Sparring)</b>	Kihon-Ippon-Kumite (1 Attack Sparring)  Jiyu Ippon Kumite (Semi-free-1-attack-sparring)		Set 1-5 right attack only  Set 3 Attack from both sides
<b>Kata (Formal-exercise)</b>	A choice from one of the following:		Kanku-Dai, Enpi, Jion, Jitte, Ji'in Plus any previous Kata