Requirements for Ikkyu- Brown Belt

Must show improvement through all previous techniques.

Minimum Classes Trained- 70

Tool Familiarization- Tomahawk

Katas- Pinan Godan, Nikyu (all 5 levels), Naihanchi Sandan

Judo-

Back Hip Throw- **Ushiro Goshi**

Backward Throw- **Ura Nage**

Two-handed Leg Lifting Throw- **Morote Gari**

Aikido-

Corner Drop (Reverse Punch)- **Sumi Otoshi**

Sacrifice Wheel Throw (Inside or Outside)- **Kaiten Sutemi Nage**

Wheeling Backward Pull- **Tenken Otoshi**

Fundamental Principles

1-Centered and Rooted Movement- **Haragei-** centered power, capture the center,

center control, take a piece and find the center

2-Balance for You and Partner- **Kuzushi-** weight dropping, weight shifting,

potential base, double weighting

3-Strategic Applications of Body Structure- **Kobu Ho-** framework, structure,

alignment, commutative locking, skeletal locking

4-Receiving- **Ukero-** recenter, receiving body, breakfalls, blocks, redirects,

wedging, dispersing force (strike)

5-Time and Space- **Ma Ai-** Fit in, efficiency, minimizing, buying time

6-Rythym and Breath- **Ritsudo** and **Kokyu-** beats, half beats, break the rythym

7-Flowing- **Nagare-** follow the line, cut the line, follow the circle, cut the sircle,

create the circle

8-Adherent and Attaching- **Musubi-** constant pressure, sticking hands,

tying together, smothering

9-Emptiness (Empty Hands)- **Kara**- creating a void, positive pressure,

false positives, feeling, melting, dissolving, back pressure