

REQUIREMENTS FOR NIKYU BROWN BELT 2 STRIPES

All Previous Requirements Plus:

Knowledge:

- Patch meaning=Waza, Henka, Genri
- Power Formula=Hara Gi, Ibuki, Kime
- Kata Bunkai

Uke (Blocks/Defense):

- No Flinch Drill
- Body Hardening

Dachi (Stances):

- Sanchin Dachi
- Correct Application

Ukemi (Breakfalls):

- All 6 from Standing Position
- Rolling over and obstacle
- Rolling into Sideways Breakfall

Kata:

- Ichi Kyu Bo
- Ni Kyu Tanfa
- Pinan Sandan Sai
- Sanchin (Brown Belt Version)

Blocking Exercises:

- Mawashi Uke Undo inside and Outside

Nagewaza (Throwing Techniques):

- 4 Basic Plus Variations

Take Downs (Two Techniques at minimum):

- Single Leg/ Double Leg
- Arm Drag to Back Take to Sacrifice Drop
- Back Take to Shoulder Roll
- Ankle Pick
- Guard Pull

Tatame Waza (Grappling/Mat Techniques):

- Guard Break/Pass
- Favorite Submission from 4 main positions
- Sweep
- Maintain Control Position
- Guard Retention
- Escape from Bad Position

Shime Waza (Choking Techniques):

- Hadaka Jime (Rear Naked Choke)
- Gi Choke
- Triangle Choke
- Darce Choke
- Arm in Triangle
- Guillotine

Kansetsu Waza (Joint Manipulation Techniques):

- Kansetsu Ich: Fluidity of Techniques
- Kansetsu Ni: Constant Pressure/Combination of locks
- Kansetsu San: Destruction of Joints

Basic Knife Defense >**Adults:**

- Trap>Close the Gap>Distract>Disarm

Pressure Testing: -5-minute sparring/grappling match