

REQUIREMENTS FOR IKKYU BROWN BELT 1 STRIPE

All Previous Requirements Plus:

Knowledge:

- 9 Fundamental Principles

Uke (Blocks/Defense):

- No Flinch Drill
- Body Hardening

Dachi (Stances):

- Sanchin Dachi
- Correct Application

Ukemi (Breakfalls):

- All Previous
- Sacrifice Fall

Kata:

- Kusan Kyu

Blocking Exercises:

- All Previous

Nagewaza (Throwing Techniques):

- 4 Basic Plus Variations
- Uchi Mata

Take Downs (Four 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 (With T-shirt, Baseball Grip Variation)
- Triangle Choke (From Guard, Mount, Back Control, Spider Web)
- 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
- Application off of grab to lapel and same side wrist

Basic Knife Defense >**Adults:**

- Trap>Close the Gap>Distract>Disarm

Pressure Testing:

- 5-minute sparring/grappling match