



CLASS PLAN FOR 2ND & 1ST KYU - BROWN BELT

Minimum Class Time - 36 weeks (72 classes) - 2nd Kyu

Minimum Class Time - 36 weeks (72 classes) - 1st Kyu

1. DEMONSTRATE KIHON

A. DEMONSTRATE STANCES *Tachi-kata*

1. Including *Heisoku-dachi, Musubi-dachi, Hachiji-dachi, Zenkutsu-dachi, Kokutsu-dachi, Kiba-dachi, Shiko-dachi, Neko-ashi-dachi, Fudo-dachi, x-stance*

B. DEMONSTRATE KICKS *Keri-kata* including *Hiza-ate*

1. Including *thrust, snap, stomp, pick, jump, turning, spinning, stamping, sweeping, wheel*

C. DEMONSTRATE HAND TECHNIQUES *Te-waza*

1. *Thrusts, strikes, and smashing including thrusts, jabs, lunges, reverse, straight, various types of fists, spears, and knifehands*
2. *Blocks - including pressing, cross arm, rising, circle, sweeping, net, x, grasping, jamming, guiding, hand cover, double*

2. DEMONSTRATE KUMITE

A. IPPON KUMITE (*One-Step Sparring*)

1. 10 Formal (Basic) Ippon Kumite⁺ (include double counters)
3. Demonstrate 4 take-down techniques in Ippon Kumite
4. Execute 8 one-hand defends
5. Demonstrate 8 direct kicking counterattacks including checking techniques
6. Execute 8 throws in Ippon Kumite* (work as uke and tori)
7. Execute 4 foot sweeps
8. Anderson's 32 one-steps

B. DEMONSTRATE 12 SANBON KUMITE (*Three-Step Sparring*)

C. SEMI-FREE KUMITE

1. 10 Semi-Free - Jiju Ippon Kumite
2. Execute 6 kick-punch kumite drills
3. Demonstrate 8 two step kickings

D. JJJU KUMITE (*RANDOM KUMITE*)

1. Demonstrate competition sparring.
2. Demonstrate 3 tournament sparring techniques including left and right side fakes.

3. DEMONSTRATE GOSHEN JITSU (*SELF DEFENSE*)

A. EXECUTE 12 RELEASES (*Level 1, Level 2 & Level 3 Releases - 3 each for those listed*)

1. Hold lapel by two hands
2. Hold arm by wrist
3. Hold shoulder by one hand from rear
4. Hold neck from side or headlock

B. EXECUTE 12 SELF DEFENSE TECHNIQUES

4. CONDITIONING AND DRILL WORK

A. Conditioning

1. Star Exercises
2. Wrist Press with force
3. Kibadachi for 30 minutes
4. Conditioning Drills
 - Arm & Leg Conditioning
 - Arm Toughening* *Thigh Kicks*
 - Body Conditioning
 - Neck Toughening* *Shoulder Kick Drill* *Punch-Punch Drill* *1,2,3 Drill*
 - Hand Conditioning
5. Use of the makiwara and bag
6. Hip-Knee-Ankle Exercises for the Lower Connection.

B. Drill Work

1. Demonstrate & explain the 11 basic Kwanmukan Kicking Drills with speed and accuracy including jump sequence.
2. Demonstrate Breath Control in meditation.
3. Demonstrate the understanding of the standing-punch reflex drills.
4. Demonstrate mobility drills including hit move hit drills and standing punch reflex drills.
5. Demonstrate bounce patterns - in place, side to side, switching both forward and reverse hand techniques and kicking.
6. Demonstrate use of the Kicking Mats and other equipment.
7. Relationships (Kwan Bop) including star and two men kata

5. KATA REQUIREMENT

- | | |
|--|--|
| 1. Taikyoku Shodan, Nidan, Sandan | 7. Tekki Shodan |
| 2. Heian Shodan | 8. Kwan Mu Shodan |
| 3. Heian Nidan | 9. Bassai Sho |
| 4. Heian Sandan | 10. Kwan Mu Nidan |
| 5. Heian Yodan | 11. Choose from Seienchin, Jion, Bassai Dai, or Nijushiho, * |
| 6. Heian Godan | 12. Kwan Bu - all levels |
| 13. Kwan Kong Chang Kwon for Shodon Ho | |

6. LANGUAGE REQUIREMENTS

1. Demonstrate a working knowledge of Japanese Terminology

7. Weapons

1. 10 Ippon Kumite With Yawara
2. Demonstrate Proficiency with bo and sai including care and use.
3. Two Weapons Kata - Tsui Sho and/or Bo Sho and/or Sai Jitsu Ichi and/or Sai of Towada *
4. Bunkai of Tsui Sho
5. Demonstrate with short stick
6. Demonstrate club defense
7. Demonstrate knife defense

8. TECHNICAL KNOWLEDGE (*Be able to explain*)

1. Explain hand drills and in stance relationships
2. Explain corresponding stance relationships
3. Show practical knowledge of directing class and issuing commands
4. Be able to bunkai Heian 1, 2, 5 and Bassai dai
5. Explain the Kwanmukan heirarchy
6. Assist in teaching beginner classes
7. Demonstrate correct Karate ettiquette

8. JUDO

1. Show capacity in Ukemi-waza
2. Show capacity in Nage-waza
3. Show capacity in Katame-waza especially Kansetsu-waza

⁺Ten No Kata Omote of the Kwanmukan

*Ikkyu Requirement.

*Chose one for nikyu, two for ikkyu.

*Select any three Weapons Kata

o Ikkyu requirement