

Brown Belt

Attack	Escape	Throw
Classical		
Right hand to pin both elbows + left arm strangle	90° turn/Step back	Shiho-nage
Shomen-uchi	Tenkan 1	Kote-gaeshi
Katate-tori	Irimi 1	Toyoda Kokyu-nage
Multiple hammer blows	Irimi 2	Sayu-undo
Pull head down/Punch (face)	Irimi 2/Tenkan 2	Ikkyo
Knife		
Mune-tori/knife point held at throat	Irimi 1	Nikyo
Shomen-uchi 3	Step back	Sankyo
Yokomen-uchi	Tenkan 2	Yonkyo
Hanmi Handachi		
Mune-tsuki	Irimi 1	Kaiten-nage
Surawi Waza		
Shomen-uchi	Tenkan 1	Tenchi-nage

Two techniques to be selected by the examiners with Ki tests at any point

Katas

Jo Kata No 2 (twice in 38 seconds)

Bokken Tai Gei, to be set by examiners in advance.

Randori

3 attackers, full speed, 15 seconds

Note:

Student must have led *ki development* exercises satisfactorily at least once before grading.

Grading should demonstrate very high quality:

Shape 3, anchors, alignment

Feel, flow and speed

Compression, timing and power