



## **BROWN BELT REQUIREMENTS**

Your diligent training has now taken you to a level where some practitioners never arrive. A Brown Belt is considered the highest level Mudansha grade in the Dojo. This is the phase where your Shodan internship begins. The expectation placed on you at this level will be very great. You are now one of the leading examples of the embodiment of the Kyu Shin Ryu and Budoshin philosophies. Much emphasis is placed on your character as well as your ability to execute techniques with a high degree of proficiency.

At this level you should be able to execute all the techniques from White belt through Blue belt on demand and without hesitation. You should have an increased grasp of the Japanese terminology and be able to execute without English translation. Your testing will reflect this. You have now also joined the ranks of possible future Kyu Shin Ryu and/or Budoshin Instructors.

There are 3 levels of Brown Belt:

- Sankyu (no stripe)
- Nikyu (1 stripe)
- Ikkyu (2 stripes)

The Ikkyu ranking is the most senior of Brown Belt ranking and is considered the highest level Mudansha prior to promotion to Yudansha Grades (Shodan and consequent Dan ranking). All Brown belts will be required to serve a minimum of 12 months of time in grade internship prior to approval for Shodan testing. Stripe testing will be done at 4-month intervals by Lead Sensei if class attendance and performance is up to par. All Brown Belt candidates are expected to display honorable behavior both in and out of the Dojo, as this is reflective of our code.

This level of training will demand much more knowledge in the area of your Judo, Jujitsu and Aikido skills. You should be able to flow between these style with ease and be able to transition from soft to hard and from hard to soft in your technique execution, as needed, or on demand. Brown belts in the Dojo will be expected to take on a higher degree of instructional responsibility with lower grade Mudansha. This requires that all Brown belts be up to speed on all lower level techniques. Brown belts will also provide feedback to Lead Sensei regarding other practitioner lower level Mudansha promotions. There will also be an increase of individualized instruction between the Brown Belt and the Lead Sensei (advanced techniques of Kyusho Jitsu, newaza, randori, kumite and Kappo).

## Brown Belt Required Techniques

### Wave Attacks and Strikes

At this level, the large arsenal of strikes at your disposal should be delivered with a continued degree of higher accuracy and control. The emphasis at this level remains in combining these strikes into Wave Attacks.

You must be able to demonstrate wave attacks with no less than TEN coordinated movements in sequence at this level. Eight strikes, two kicks and one takedown are expected in the sequence.

You must be able to demonstrate wave attacks with no less than EIGHT strikes in sequence at this level.

You will continue in the application of the following strikes:

- one-inch power punch
- one-inch palm heel strike
- three -inch power punch
- three -inch palm heel strike

The above will be learned while utilizing one hand independently or in unison with the other hand simultaneously for double power strikes.

Kyusho Jitsu strikes to the torso (frontal and rear) and legs and feet will be our primary focus at this level. Students must be able to identify a total of at least ten points on the torso and legs and the effects of singular or combined kyusho strikes on these parts of the body. Must demonstrate proper immobilization and knock out sequencing. Other concepts of activation and sequencing will be learned for Shodan.

Blocks:

Students at this level should have proficiency with all the previous blocks in the White through Orange belt requirements. Students must demonstrate defensive proficiency in blocking skills by being able to defend against a sequence of eight strikes (punches, kicks or both combined). These defenses must be spontaneous and not pre-arranged (YOUR ATTACKER WILL NEVER TELL YOU HIS OR HER STRIKING SEQUENCE).

You will continue to apply the concept of how a block is a strike when applied in conjunction with Kyusho Jitsu principles. You will see increased hidden meanings to many of the blocking applications you have learned. Primary targets will be the torso, legs and feet.

### **Multiple Attackers**

You will learn the principles of entwinement, interference, and separation as it relates to multiple attackers (2, 3 or 4+). You will also learn distraction and evasion strategies. Candidates should have a strong grasp of these concepts prior to Shodan ranking

### **Newaza**

Newaza training will continue with advanced modifications to transition and pinning strategies with emphasis on strangulation techniques for submission also combining arm bars, leg and ankle lock submissions

## **Kappo and Kyusho Jitsu Resuscitation**

Kappo is the art of resuscitation. This is not meant to be a healing art unto itself, but as a means of providing assistance to someone who has been injured during practice or other occurrence. Participants in Judo and Jujitsu practice may be choked out by an over zealous or careless partner. They may also be kicked or struck in the groin area by a partner inadvertently, or as a result of an ill applied technique (Uchi Mata is a common culprit). It is essential that resuscitation or aid be applied quickly and effectively to avoid any permanent injury. Brown belt candidates must be familiar with the four most commonly used Kappo methods. Your Sensei will provide you with detailed explanation on how and when to apply these techniques.

1. Sasoi Katsu- Inductive method
2. Eri-Katsu- Lapel Method
3. So-Katsu- Composite Method
4. Kogan-Katsu- Testicle Method (not meant for resuscitation but as treatment for a man whose testicles have been kicked into his pelvis region.)
5. Must also be knowledgeable regarding resuscitation in the art of Kyusho Jitsu. Must demonstrate ability to restore Ki flow to the body and body parts, identify and use wake up points, and understand time limitations for resuscitation when knock out occurs in Uke.

## **Weapons Training**

Students at this level will continue learning Kali concepts and can choose an additional weapon with which to train traditional concepts:

1. Jo
2. Tonfa
3. Bokken

Students must be able to demonstrate defensive as well as offensive qualities of the weapon and its proper use in combat. Students must also submit a written essay of the weapons development, history, and combat application.

## Aikido Techniques

This level of training will focus on learning to combine Suwari Waza (sitting techniques) and Tachi Waza (standing techniques) with finishing locks, pins, etc. All techniques should be performed with proficiency both to right and left side of the body.

### First and Second Stripe Requirements:

- Kokyu-Ho - Breathing method seen applied in Randori
- Tenchi Nage - Heaven and Earth throw
- Royote -Monchi Tenchi Nage - Both hands held; Heaven and earth throw
- Kote Gaeshi - outside wrist twist Aikido style
- Royote-Monchi Kote-Gaeshi - Both hands grab; outward wrist twist
- Shomen-Tsuki Kote-Gaeshi - Straight punch; outward wrist twist
- Sokumen-Irimi-Nage- Side Approach Body Throw
- Katate-Mochi Sokumen-Irimi-Nage - One hand grasp; side approachbody throw
- Kata-Mochi Sokumen-Irimi-Nage - shoulder grasp; side approach bodythrow
- Shomen-Irimi-Nage - Front approach body throw
- Shomen-Uchi Shomen-Irimi-Nage - front blow; front approach body throw
- Hiji Jime - Elbow lock(s)
- Muni-Mochi Hiji Jime - Chest grab; elbow lock (from suwari waza position)

## Ju-Jitsu Techniques:

The following Kata (pre-arranged form) and waza (self-defense applications) will be required for both your Aikijujitsu requirements as well as your Budoshin requirements.

All Kata and Waza should include 2-4 submissions or come-alongs.

KATA	WAZA
Koshi Nage	Single Hit
Hiki Waza	Mugging Attack
Makikomi	Club Attacks
Ura Nage	Handholds
Ouchi Gari	Armlock
Te Tatake	Headlock
Ude Guruma Ushiro	Reversing a Throw
Te Nage	Double Hits
Harai Goshi	Hair Grabs
Hane Goshi	Ground Defenses
Tomoe Nage	Bearhugs/Waist grabs
Uki Otoshi	Knife Attacks

## Shime-Waza

- Katate-Jime - One Hand Choke
- Ryote-Jime - Two Hand Choke
- Sode-Guruma-Jime - Sleeve Wheel Choke
- Tsukkomi-Jime - Thrust Choke

## Judo Techniques

### Sankyu-

- UkiGoshi
- Tsuru Goshi
- Tsurikomi-Goshi
- Ura Nage
- Usiro Goshi
- NIKYU
- Yoko Gake
- Hane Makikomi
- Karada Makikomi

### Ikkyu-

- Utsuri Goshi
- Harai Tsurikomi-ashi
- Sasae-tsurikomi-ashi
- O-Guruma