

## **Brown Belt(1st Kyu)**

### **1st KYU**

#### **Blocks**

**Koken Uke** Wrist top block **Jodan/Chudan/  
Gedan**

#### **Kicks**

**Tobi Mawashi Geri** Jumping round kick – All Kinds

**Tobi Mawashi Geri** Jumping double front kick

**Tobi Mae Geri(Three methods)** Jumping front kick

**Tobi Yoko Geri** Jumping side kick – All kinds

**Tobi Ushiro Kekume Geri** Jumping spinning back  
kick – All kinds

#### **Kata**

**Pinan go** Safety and security exercise

**Tsukinokata**

**Gekisai Dai**

**Gekisai Sho**

**Saiha**

**Saipai**

**Yantsu**