

# Brown Belt

Blocks

Uke

Block and strike

Kicks

Geri

Jumping Crescent

Tobi Mikitsuki

Jumping Side

Tobi Yoko

Jumping Front

Tobi Mae

## Pattern Work

- 1) Two leg techniques - two hand techniques
- 2) Three hand techniques - one leg technique
- 3) Four hand techniques - two leg techniques

Three step sparring with take down  
and counter attack

Breaking

Tamashiwara

Spinning leg technique

Hand break on black board

Instructor may request additional techniques

Self Defence

Show various knife defences

Show various chokes

Kata