

4th Kyu (Brown Belt) Grading Requirements

Approved: June 2018

Grading Information:

This grading is done in 4 parts.
Once you have completed a part, you have up to 12 months to do the next part.
Each part should take 30 to 40 minutes to complete.

Part 1

Part one is Kihon – Stationary Basics

Students **MUST** know the terminology for this section.

Every count in this section is worth 1 point.

Pass Score 80%

Part 2

All other Kihon apart from the “Stationary Basics”

Students **MUST** know the terminology for the “**Moving & Combinations**” section.
Terminology is **not required** for “Foot Shifting” “Body Shifting” and “Body Rotation” sections.

Every count in this section is worth 1 point.

Pass score: 80%

Part 3

KATA

- All kata from previous gradings is done once in your own time.
- your new kata “**Heian Nidan**” will be done twice to a count and twice in your own time.

- Each movement or count done correctly scores 1 point
- 1 point off for: Poor stance, poor technique, missing head turns, missing kiai incorrect pace, lack of power, poor balance, poor footwork.
- 5 points off for: Missing a move, wrong move!
- 10 points off for: Restarting
- Automatic Fail: Cannot complete a kata

Pass score: 80%

Part 4

Part four consists of all Kumite components

- All Kumite sections are scored together, so if you are weak in one section you can make it up in another!
 - In step fighting, each count or movement is worth 1 point (3 step fighting = 3 movements).

Pass score: 80%

4th Kyu (Brown Belt) Grading Requirements Page 1 of 5

KIHON - Stationary Basics

The following in **Kiba Dachi**

Uke : Haiwan, Gaiwan.

Uchi : Tettsui, Ushiro Empi, Uchi Shuto.

The following in **Kamae:**

Keri : Kin.

The following in **Yoi Dachi:**

Keri : Fumikomi, Ushiro.

The following in **Chikaku Kamae:**

Uke : Hiza.

Tsuki : Ura, Kagi, Ura Age.

Keri : Gedan Mawashi. (Practice on kick shields only)

Uchi : Mae Uraken.

KIHON - Moving & Combinations

Zenkutsu Dachi:

- | | |
|---|------------------------|
| - Jodan Uke, Gedan Barai Uke | Forwards and Backwards |
| - Sanbon Tsuki | “ “ “ |
| - Soto Uke (Zenkutsu Dachi)
Yoko Empi Uchi, Uraken Uchi (Kiba Dachi)
Tip: After final strike reset to Zenkutsu Dachi. | “ “ “ |
| - Uchi Uke, Jodan Kizami Tsuki (same hand), Gyaku Tsuki
Tip: Extend hip and shoulder on Kizami then recoil for Gyaku. | “ “ “ |
| - Morote Uke | “ “ “ |

Kokutsu Dachi:

- | | |
|---|---------------|
| - Shuto Uke, Teisho Uchi (Zenkutsu Dachi)
Tip: Launch the Teisho from the sternum. | Forwards Only |
|---|---------------|

KIHON - Moving & Combinations (cont.)

Kamae:

- | | |
|---|---------------|
| - Mae Keri Jodan, Mae Keri Chudan (same leg) | Forwards Only |
| - Recoil foot behind bum with knee pointing to the ground | |
| - Mawashi Keri | “ “ |
| Tip: Kick aims for kidneys with the shin bone. | |
| - Ushiro Mawashi Keri | “ “ |

Kiba Dachi:

- | | |
|--|-----|
| - Yoko Keri Kiage (Mae Kosa Dachi) | “ “ |
| Tip: Dropping the heel of the crossing foot while raising the kicking leg will generate power. | |
| - Yoko Keri Kokome (Back Foot) | “ “ |
| Tip: Kicking foot passes in front of you, not behind you! | |

KIHON – Ashi-Sabaki (foot shifting)

Chikaku Kamae:

- Back leg extend, Teisho Uke Jodan (back/inner hand)
Move the foot slightly in and out to generate hip movement
- Front leg retreat, **Neko Ashi Dachi** Teisho Uke Chudan (front/outer hand)
- Extend front leg **Zenkutsu Dachi** Mawashi Empi Uchi
This is direct practice for Kiso Kumite

Kamae:

- Shorten back leg, Mae Keri with front foot (front foot land forward)
Gyaku Tsuki.
- Front leg extend, Mae Keri with back foot (back foot land forward)
Kizami Tsuki, (then shorten back leg) Gyaku Tsuki.

KIHON – Tai-Sabaki (body shifting)

Zenkutsu Dachi:

- Shuffling sideways using a long Mae-Kosa Dachi as a bridging stance **Yoko Empi Uchi**
- Shuffling sideways using a long Mae-Kosa as a bridging stance **Uraken Uchi**

Chikaku Kamae:

- Tate Tsuki (front fist as back leg crosses to finish 45° behind front leg)
- Tip: Reset to Chikaku Kamae to the front.

KIHON – Tenshin (body rotation)

Chikaku Kamae:

- Mawashi Tsuki.
- Ura Age Empi Uchi.

Kiba Dachi:

- Gedan Empi Uchi (Zenkutsu Dachi)
- Zenkutsu Dachi, Mae Keri (Tenshin) Zenkutsu Dachi Gyaku Tsuki (other side).

KIHON – Tai-Sabaki / Tenshin (Body Shift and rotation)

Purpose: To engage a very close attacker (from Yoi) Distance: One hand span.

Movement: **Sideways Action**
From Yoi, step out to the side, body rotate into a Kamae and execute the following techniques on a 45 degree angle with the body rotation.

Techniques: **Mawashi Empi, Tate Tsuki, Teisho Uchi, Suri Shuto Uchi** (Sliding knife hand)

KATA (Forms)

Taikyoku Shodan, Jo-No, Heian Shodan, Heian Nidan.

IPPON KUMITE (One step fighting – with evasion)

The following set attacks and counters with stance evasion...

NOTE: Attacker changes side every count unless specified!

<u>Attacker</u>	<u>Defenders Direction</u>	<u>Set Counter</u>
Jodan/Chudan Oi Tsuki	front right	Empi Uchi
“ “ “ “	front left	
“ “ “ “	front right	Teisho Uchi
“ “ “ “	front left	
“ “ “ “	front right	Haito Uchi
“ “ “ “	front left	
“ “ “ “	front right	Hiza Keri
“ “ “ “	front left	
“ “ “ “	right side	Mae Keri (Front foot)
“ “ “ “	left side	
“ “ “ “	right side	Mawashi Keri (Front foot)
“ “ “ “	left side	
“ “ “ “	right side	Yoko Fumikeri Keri
“ “ “ “	left side	
Chudan Mae Keri	front right	
“ “ “	front left	
“ “ “	right side	Not required!
“ “ “	left side	

KAMAE IPPON KUMITE (One Step Fighting – From fighting positions)

Attack

- 1) Tsuki
- 2) Keri
- 3) Tsuki Jodan
- 4) From a stationary start
½ to ¾ speed Oi Tsuki **Chudan**.

Defend

- Open
- Open
- Front Foot Sideways, back Foot Mawashi Geri
- SEN NO SEN:** Before the attacker has finished, block and counter advancing forward as detailed below...
- 1) Start in **Kamae**. As you block with **Teisho Uke** body shift the back leg up to a short **Kokutsu Dachi** (Tai-Sabaki).
 - 2) Then extend the front foot (**Ashi Sabaki**) into **Zenkutsu Dachi**, and with the body rotation (**Tenshin**) execute **Gyaku Tsuki**.
 - 3) **Practice until the 2 steps above become 1 single action**

Tip: Except for advancing forward on the block, this is the same action as in your 5th Kyu “Kihon Ippon Kumite”

Note: Remember that for safety your attacker is only moving at ½ to ¾ speeds. Until you can do this exercise at full speed (at a higher rank) do not try this in open Kumite. *This is how Sensei got his short term memory loss!*

KASHI IPPON KUMITE (Attack and Counter Attack One Step)

Movement

1

Initial Attacker

Oi Tsuki **Jodan**.

Initial Defender

Step back and block.
(No Evasion)

2

Block and evade incoming attack.

Counter Attack with
Oi Tsuki **Jodan**.

3

Open counter attack.

Tip: After completing your attacks, unlock your rear leg and remain on the balls of your feet. Use the unlocking action of your leg to recoil your Oi Tsuki to a guard.

GOHON KUMITE (Five Step Fighting)

Attack (In your own time)

Flowing combinations of attacks across the 5 count of any mix of straight and circular attacks.

Defend

Open choice of defence.
(No counter required)

KISO KUMITE (Fundamental Kumite)

<u>Movement</u>	<u>Attacker</u>	<u>Defender</u>
1	Using front foot, extend stance forward ½ a stance length and execute Oi Tsuki Chudan or Jodan.	Extend to a long stance with back leg and block.
2	Back foot up and then lunge forward extending the stance with the front foot executing Gyaku Tsuki Chudan or Jodan.	Without evading, retreat front foot into a shorter stance and block.
3	Hold position.	Extend into long stance with front foot and counter attack.

JYU KUMITE (Free Fighting)

- 1) Balance use of body, defence and attack.
- 2) Combination attacking.

Note: Develop these skills in Gohon Kumite as the attacker.

- 3) Use of variation in stance length.

Note: Practicing “**Ashi Sabaki Kihon**” combinations against a kick bag will improve your ability.

SELF DEFENCE

Chest or shoulder grab.

Tip: Start from a **Chikaku Kamae** position for power and safety!

Tip: Don't get fancy! Be 100% practical; remember that a punch could be hitting you ½ a second after this grab on the street!

BREAK FALLS

- 1) Preparation for forward break fall. From “push up” position
- 2) Preparation for forward roll, **Ground Roll**