



# High Brown Belt – 1st Kyu Promotion Exam Requirements

## Attendance Requirements:

Minimum 48 months total training time.

Minimum 9 months since last full kyu promotion.

## General Requirements:

Ability to demonstrate all fundamental body movements and techniques. In-depth knowledge of the application of all five Heian kata. All required techniques from 10th Kyu to 2nd Kyu can be demonstrated with proper timing, application, balance, distancing, stance, kime, and zanshin.

## The Exam:

All 2nd Kyu Middle Brown Belt requirements plus the following:

1. Moving forward and backward – front stance, low block, reverse hand punch, face block, reverse hand punch, outer block, reverse hand punch, inner block, reverse hand punch
2. Moving forward and backward – front stance, sanbon-zuki (triple punch)
3. 4-Step Kihon (back stance, knife block version) and 4-Step Kihon (JKA version)
4. Knife-hand block in back stance, front leg front kick, reverse spear-hand thrust in front stance, pull back to knife-hand block in back stance.
5. Front kick, side thrust/snap kick and round kick with each leg (side kicks crossing from horse stances)
6. Stationary position – front stance, front kick, side kick (snap and thrust) and round kick with the same leg without putting it down
7. Kata – Heian Shodan through Heian Godan, Tekki Shodan and basic applications
8. Kata – one advanced kata of student's choice (Bassai Dai, Kanku Dai, Ji'in, Empi, Jion, Hangetsu, or Jitte)
9. One-step self defense
10. Jiyu Kumite (free sparring)

Students are not judged in comparison to one another, but against a minimum standard necessary to earn each specific rank. Judges will take into consideration the age, individual progress and improvement of each student. Participating students are responsible for making themselves familiar with all of the requirements and judging criteria for their specific level of promotion. These requirements are only part of the test – regular class time, attitude, spirit, and attendance are also taken into consideration.