

# Brown Belt Testing Requirements:

## Brown Stripe: (Brown Belt Pre-test)

- At this point in the Students karate practice, they must be able to begin show they understand how to apply the techniques to situations and be able to put sequences together.
- Begin to do basic spinning and aerial techniques.
- Must be able to complete Bassai Dai kata

## Brown Belt: (THIS IS A 3 CLASS TEST)

### DAY 1

- During this testing session, All of the basic techniques shown in White & Yellow Belt sections are done mostly as more advanced combinations, including spinning and aerial techniques.
- Student must perform Taikyoku One, Pinan Three, Advanced Heyan Two & Bassai Di Katas.
- No board break is required for this level.

### DAY 2 (scheduled evening 7:15pm class during the Final Testing Week sessions)

- Drills on the heavy bags and target mits, spinning and aerial combinations
- Self defense - all attackers are Black Belts and all attacks are multiple attackers at once

### DAY 3 (scheduled evening 7:15pm class during the Final Testing Week sessions)

- Conditioning and endurance is always a big part of testing. Student must show that they can train hard and still have energy to fight.
- Student must do 5 rounds of fighting against Black Belts (3 rounds of ground fighting against 2 black belts & 2 rounds of stand up fighting against 1 black belt)

### 1st Degree Brown -

- Student must show they are progressing as a new advanced karate belt level practitioner, while also starting to show examples that newer students can follow. Demonstrating leadership qualities is a part of what is expected of higher belts.
- Must be able to perform more advanced kicking and spinning and aerial techniques.
- Conditioning and endurance is always a big part of testing .

### 2nd Degree Brown -

- Student must be more comfortable performing advanced techniques and combinations, as well as ground fighting practices, such as ground sweeps, ground kicks and take downs