



## TOKON TAIKI GRADING SYLLABUS

### FINAL BROWN - 1st KYU



#### Basics

- Kizami zuki oi zuki gyaku zuki
- Mae geri kizami zuki gyaku zuki
- Yoko geri kekomi, uraken uchi, gyaku zuki
- Mawashi geri, uraken uchi, gyaku zuki
- Ushiro geri chudan, uraken uchi and gyaku zuki chudan
- Four kicks: Mae geri, yoko geri, mawashi geri ushiro geri, uraken uchi and gyaku zuki

#### Kata

- Bassai Dai

**Brown Belts must also learn the following katas for the next grading:**

- Kanku Dai,
- Jion,
- Enpi and
- Hangetsu

#### Kumite

- Ji-yu Ippon Kumite (Semi free Sparring)

**Attack:** With jodan oi zuki chudan gyaku zuki, mae geri, yoko geri, mawashi geri and ushiro geri on your (right and left side)

**Defend & Counter:** On your right and left side

- Ji-yu kumite (Candidates will fight)

**There will be a minimum waiting period of six months before taking Shodan - 1st Dan**

*(A six month period of unbroken training at a frequency of two sessions per week is deemed minimum)*