



Brown Kokyu Curriculum

Stances

- All Junior Stances, and
- T-Stance

Blocks

- All Junior Blocks, and
- Hooking Block

Strikes

- All Junior Strikes, plus
- Upset Punch,
- Spear finger Strike, and
- Reverse Elbow

Leg Techniques

- All Junior Kicks, plus
- Hammer Kick (Inward and Outward), and
- Reverse Outward Crescent Kick

Combination Drills

(Done on both sides starting in a Right Back Stance)

- Parry, High Side Block, duck and weave (under hook), Reverse Upset Palm Strike.
- Back leg Turning Kick followed by a Back Kick

Release Drill

Head Lock

- Place hands at attackers' wrist and arm while turning head into their body. When attacker releases to strike, slide back pulling the arm with you then step forward pushing them over (Kaiten-Nage)

Sparring

1 Step Sparring – **Jokyu Ippon Kumite** (Basic moves done from both sides against 1 Middle Punch Attack)

- Step off the line and close opponent with **Reverse Inner Forearm Block**, then do a **Palm Strike** (with the blocking hand) to the face, followed by an **Upset Punch** to Kidney
- Step off the line and open opponent with **Reverse Inner Forearm Block**. Then do **Spear Finger** (with the non-blocking hand) to throat or solar plexus followed by an **Upward Elbow Strike** to chin (with the same arm). Wrap the hand around the neck and pull head down and deliver a **Front Knee** to the face.

Free Sparring – **Kumite**

Kata

- All Junior Kata, and
- **Jokyu Shodan**
- **6 Jo Kata**

Aiki Techniques

- Ukemi (Rolling)
- Knee walking & turning
- Irimi Tenkan
- Katatedori Ikkyo (Ai-Hanmi)
- Katatedori Kokyu Nage 1
- Shomen Uchi Ikkyo
- Suwari Waza Kokyu ho
- Jo Suburi 1 – 5
- Kumi Jo - 1

Grading Requirements

- Regular training (minimum 32 general classes and 9 months)
- Proven ability to not talk unnecessarily during class and to train hard
- Kata: Jokyu Shodan, 6 Jo Kata and a Junior Kata (Examiners Choice)
- Demonstrate Brown Kokyu Kihon & Aiki techniques as directed, plus
 - ROM Stretching – Front (from Walking Stance) and Side (from Horse Riding Stance)
 - 4 Rounds Kumite
 - Front and side splits
 - M100 + 20 x Pushups, 40 Second Plank and 20 x Squats (in under 5 minutes)