

# Brown Belt to Shodan Ho ©

## BROWN BELT – STRIPE ONE

Mouth Guard. Head Gear. Boxing Gloves. Heavy Duty Leg Guards. MMA Gloves. Nanchuku. Bo. Tanto. Boken. REQUIRED

### First Aid - Certificate

- Club Leadership
- Mentoring
- Club Admin
- Running Term 1 or 3
- Assisting Gradings

Warm Ups HIIT 2-4  
Stretches with 3 PNF

Belt philosophy

Sparring strategies

Shadow Sparring

### STANCES

#### KJ Stance Routine

- 1 heiko dachi
  - 2 musuba dachi + theory
  - 3 heisoku dachi
  - 4 yoi + theory
  - 5 shiko dachi
  - 6 sanchin dachi
  - 7 zen kutsu dachi
  - 8 shiko dachi
  - 9 neko ashi dachi
  - 10 hangetsu dachi
  - 11 jigotai
- (ADD strikes and blocks)

#### Fighting Positions

- 1 natural stance
  - 2 fighting stance
  - 3 points fighting stance
  - 4 open stance
- (ADD shadow skills)

#### Footwork

- 1 step
  - 2 switch
  - 3 skip
  - 4 lunge
  - 5 step through
- (ADD shadow skills)

#### Clinches x 4

(ADD strikes, sweeps, throws, takedowns)

### DEFENCE

#### Defence Drill

- 1 right and left parry
- 2 upper and lower block
- 3 feint
- 4 cover
- 5 bob and weave
- 6 slip (tai sabaki)
- 7 round house blocks
- 8 leg blocks, check, leg evasion & counter
- 9 knee blocks
- 10 ground covers

#### Traditional Blocking

- 1 jodan uke
- 2 uchi uke
- 3 soto uke
- 4 gedan berai

### HAND STRIKES

- 1 jab, reverse,
- 2 palm, rake
- 3 elbow
- 4 hammer
- 5 forearm
- 6 backfist
- 7 chisel fist
- 8 ... others

#### Elbows

- 1 rising
- 2 round
- 3 round
- 4 side
- 5 back high
- 6 bayck low

#### Tai Sabaki

- 1 sideways
  - 2 forward angles
  - 3 rear angles
- (add counters)

### HANDS CONT.

#### Traditional Punching *pr*

- 1 jodan tsuki
- 2 chudan tsuki
- 3 chudan tsuki
- 4 gedan tsuki

#### Open Hand Strikes

- 1 toho
- 2 shuto
- 3 haito
- 4 keikuto
- 5 washide
- 6 ... others

### LEG STRIKES

#### Basic Legs *pr*

- 1 stomp
- 2 push kick
- 3 knee
- 4 front kick

#### Basic Kick Sequence *pr*

- 1 front scissor
- 2 round house
- 3 side kick

#### R/H & Spin Back Kick *pr*

- 1 R round
- 2 L spin back
- 3 L step up round
- 4 R spin back

#### Axe & Crescent

- 1 L axe
- 2 R inside crescent
- 3 L outside jump spin crescent

#### Hook & Sweep *pr*

- 1 L hook
- 2 R drop spin
- 3 R sweep
- 4 L side

### COMBINATIONS

#### Combinations

(Hands)

- 1 jab, reverse. (high, low)
- 2 jab, jab, cross
- 3 jab, reverse, uppercut, hook
- 4 jab, reverse, hook uppercut
- 5 reverse, hook
- 6 reverse, uppercut
- 7 reverse, overhand
- 8 superman punch

#### Combinations

(Hands and feet)

- 1 jab, reverse, front kick
- 2 jab, thigh kick
- 3 jab, shoot
- 4 switch jab, front kick
- 5 foot jab, jab
- 6 reverse, thigh kick
- 7 ...

### STEP SPARRING

#### One Step Sparring

- 1 jodan
  - 2 chudan
  - 3 gedan
  - 4 jodan
  - 5 chudan
  - 6 gedan
- (ADD open hand blocks)

#### Two Step Sparring

- 1 jodan
  - 2 chudan
  - 3 gedan
  - 4 jodan
  - 5 chudan
  - 6 jodan
- (ADD open hands)  
(ADD leg strikes)  
(ADD takedowns and follow ups)

#### Three Step Sparring

(counter the counter)

*First Aid and CPR - Club Leadership – Mentoring - Club Admin - Running Term 2 or 4 - Assisting Gradings*

**Warm Ups:** joint rotations (start at toes, finish at fingers)  
 HIIT: 10 Burpees + 10 Push Ups + 10 Sit Ups + 10 Superman's ...  
 + 10 Squats + 30 sec Plank + 3 YTW holds + 10 Fists.  
 REPEAT HIIT, 2 to 5 times

**Stretches:** crawl, prawn, bridge  
 back, neck, shoulder

**Breakfalls:**

backward  
 side breakfall  
 forward break fall  
 forward roll  
 backward roll  
 handstand breakfall  
 COMBINATION (see below)

**Locks:**

\*inner wrist lock # 1  
 \*outer wrist lock # 2  
 \*inner wrist # 3  
 \*outer Wrist # 4  
 \*goose neck # 5  
 \*reverse vertical lock # 6  
 \*vertical lock # 7  
 \*barrel lock # 8  
 \*goose neck "tea pot" # 9  
 \*straight arm bar juji gatame  
 \*straight arm bar variations  
 \*hammer lock (variations)  
 \*waki gatame

**Take Down:**

front leg shoot (from knees)  
 front leg shoot (from standing)

**Strangles:**

\*two hand choke ryote jime  
 \*front strangle kata juji jime  
 \*front reverse grip gyaku juji jime  
 \*rear strangle hadake jime  
 \*sliding collar lock okuri eri jime  
 \*single wing lock kata ha jime

**COMBINATION**

Break Fall: forward roll-left and right, forward breakfall, back roll, front break fall,  
 handstand break, forward roll away.

**Combinations:**

\*wrist locks to the ground and hold down  
 \*standing clinch to the ground and hold down  
 \*throws and ground follow up  
 takedowns from kicks and knees

**Training Drills:**

1 on 3 throwing

**Throwing/Shoot/Grappling:** 2 x 2 min randori; 2 x 2 min shoot; 2 x 3 min grappling;  
 (\* not all rounds may be completed)

**Throws:** (various but not all throws may be graded)

outer reap	osoto gari
inner reap	ouchi gari
minor inner reap	kouchi gari
minor outer reap	kosoto gari
foot sweep	de ashi harai
hip throw	ogoshi
shoulder (hip) throw	ippon seoinage
head lock (hip) throw	koshi guruma
inner thigh reap	uchi mata
body drop	tai otoshi
scooping throw	suki nage
two handed reap	morote gari
entering throw	irime nage
scissor throw	kani basami
shoulder throw	kata guruma
circular throw	tomoe nage

**Hold Downs:**

*scarf hold	kesa gatame
*shoulder hold	kata gatame
ground 1. and 2.	
side control	yoko shiho gatame

**Defence or Counter from ...**

leg shoot	sprawl or switch
morote gari	...
osoto gari	osoto gari
ogoshi	tani otoshi
kesa gatame	...
juji gatame	...
ground 1 and 2	1 bridge, 2 prawn
side control	...
strangles	...

**\*Control \*\*Exceptions** for back and other Injuries may occur, replace with Kata (hard and soft), weapons, SD drills ...

**BROWN BELT - STRIPE THREE****TRADITIONAL FORMS and WEAPONS**

Mouth Guard. Head Gear. Boxing Gloves. Heavy Duty Leg Guards. MMA Gloves. Nanchuku. Bo. Tanto. Boken. **REQUIRED**

First Aid and CPR - Club Leadership – Mentoring - Club Admin - Running Term 1, 2, 3 or 4 - Assisting Gradings

**Kata:** Yoi. Tensho. Bunkai  
Yoi. Naihanci. Bunkai  
Yoi. Seinchin. Bunkai  
Yoi. Sanchin. Bunkai

**Weapons:** Nunchaku kata  
Jo or bo kata  
Boken strikes, stances and kumitachi

**BROWN BELT - STRIPE THREE** *continued ...***SELF DEFENCE**

Mouth Guard. Head Gear. Boxing Gloves. Heavy Duty Leg Guards. MMA Gloves. Nanchuku. Bo. Tanto. Boken. **REQUIRED**

**Shadow Defence:** from various attacks

**Self Defence from:** 1. clinch  
2. push  
3. knees  
4. reverse punch  
5. jab reverse  
6. one hand holds  
7. wrist holds  
8. rear bear hug  
9. rear choke  
10. side head lock  
11. full nelson  
12. two hand holds  
13. grab and punch  
14. wall attack  
15. ...

**Gang Defence:**

1. ground kicks  
2. multiple BAG defence  
3. multiple ground  
4. two on one holds  
5. gauntlet (walk bye/verbal/physical)  
6. coward punch

**Weapons Defence:**

1. knife threats - various  
2. knife attacks - various  
3. baseball bat attacks

*Guidance on* 'Responsible and Respectful Behaviour'  
'Self Control and Respect for others'  
'On-Line Predators'  
'Group Restraint'  
'Mind Body Spirit'  
'Finding Your Inner Calm'

**Shodan Ho, Shodan, Nidan Ho, Nidan****Sempai, Sensei**

Mouth Guard. Head Gear. Boxing Gloves. Heavy Duty Leg Guards. MMA Gloves. Nanchuku. Bo. Tanto. Boken. **REQUIRED**

**Sempai - Brown 1 to Brown 3 / 3<sup>rd</sup> to 1<sup>st</sup> Kyu.**

6 to 12 months Instructor and Instructor Assistant.  
Running various Gradings.  
Senior First Aid Certificate.  
National Police Clearance.

**Sensei – Shodan Ho to Nidan**

1<sup>st</sup> Ownership of 6 to 18 months classes  
Running various Gradings.  
Current Senior First Aid  
National Police Clearance  
Black Gi

**Shodan Ho – BLACK BELT**

A two to four hour test on all Brown ONE,  
Brown TWO and Brown THREE.  
Embroidered name and Japanese Characters on Black Belt.  
8-12 years training KJ-ASDMA

**Nidan Ho**

Honorary after 1-4 years

**Nidan**

Sanseiru Kata  
Sparring  
20 x 2 min rounds sparring  
5 x 2 min rounds shoot  
5 x 3 min rounds grappling  
(or equivalent time on continuous kata)

**Shodan - FIRST DEGREE BLACK BELT**

Seinchin. Bunkai  
Saifa. Bunkai  
1 x Previous Kata (Masters Level). Hard. Soft. Bunkai  
10 -14 years training KJ-ASDMA



[www.asdma.com.au](http://www.asdma.com.au)

**Brown Belt to Black Belt (Shodan Ho)**

**1<sup>st</sup> Degree and 2<sup>nd</sup> Degree Black Belt**

***Sempai and Sensei***

