Brown Belt
Ikyu (1st Kyu)

I. Ukemi
Straight over with hands in belt (optional)

II. Shinin No Maki (1-10)
1. Isami Tasuki Nage: Sleeve ties throw
2. Obi Hane Goshi: Bent knee hip throw with belt
3. Tsurikomi Taoshi: Lifting-pulling dropping throw
4. Momiji Nage: Stomach throw and strangle
5. Gyaku Hayanada: Surprise reverse armbar
6. Hiza Nage: Knee throw
7. Osaekomi Gyakute Tori: Eri Gatame with reverse armlock
8. Kobushi Shime: Fist constriction
9. Kesa Hazushi: Escape from rear bearhug
10. Kubi Shime Tomoe Gyakute: Counter to Momiji Nage

III. Review
Yawara**,** Nage no Kata or Short Nage and Adv. Yawara, KDM, Goshin Waza, Shime no Kata, Oku no Kata, Tanto No Maki, Tanju No Maki, Stick Defenses

IV. Randori
1. Yawara
2. Nage no Kata
3. Goshin Waza
4. Shime no Kata
5. Defend against stick, knife and gun

V. Massage
Attended a seminar before black belts test

VI. Teaching
Supervise open mat, drills and randori, attend a teaching seminar, help teach class

VII. Rekishi
Submit a complete notebook