

REQUIREMENTS FOR BROWN BELT

Brown belt introduces students to the Jo staff, a 4ft staff that was found to have caused more deaths on the battlefields of feudal Japan than any other weapon; including the sword. This kata, like all Samurai training, must be performed picture perfect. The Brown belt curriculum is a contradiction in itself. You must develop a discipline at this level of being able to do a picture perfect weapons kata, rigid and unchangeable, and then let go and become free and formless in order to demonstrate the Ninja kihon based kata.

Many people fail to see this is the main purpose of this belt; to provide you an experience of contrast and a discipline over the self. Avoid the common mistake of either demonstrating the curriculum all as formless or all as structured and controlled.

A good martial artist has total control of himself; formless when it is required rigidity when it is desired. A slacker or thug might well become frustrated and give up at Brown belt, brushing it off as useless or impractical; nothing could be farther from the truth. The path of least resistance is important in combat but it does not always provide us with all that is needed to live in a world where dog is not allowed to eat dog and force cannot be used to overpower the meek.

Brown belt has two degrees or levels and is very much the Wind element of our White Belt to Black Belt curriculum; the right strategy for the challenge at hand.

DOJO ETIQUETTE

- Know the etiquette for weapons kata
- Know the correct handling and storing of weapons in the dojo
- Know the correct etiquette for weapon on weapon kata

FUNDAMENTALS TRAINING

- Know what it is, and use, 4-4 breathing for combat
- Know how to perform an omote & ura kiten ken
- Know how to hold the Hanbo correctly
- Know how to strike with the Hanbo staff
- Know how to hold the sword correctly
- Know how to take distance for sword kata; training and cutting distances

RELEASES

Standing

- Know how to release from vertical wrist grabs into restraints
- Know how to release from outside cross grab

Ground

- Know over balance an attacker when astride
- Know how to release from strangle into a directional control
- Know how to block a hook punch and perform a control and/or escape
- Know how to block a straight punch and perform a control and/or escape

KATA TRAINING

Ukemi Kata 2 – Defensive Rolling

- Demonstrate the rolling kata to counter kihons

Ninja Self Defence Kata 2 vs Grapples

- 4. Ura gyaku (hidari/migi)
- 5. Omote gyaku (hidari/migi)
- 6. Mush dori (hidari/migi)
- 7. Muso dori (hidari/migi)
- 8. Ganseki nage (hidari/migi)

Samurai Jo Kata

- Demonstrate the Samurai Jo kata

Samurai Self Defence Kata 2 vs Push Attacks

This kata is a more formless and responsive demonstration of all techniques learned so far. The uke should attack from just out side of range and neither tori nor uke should find themselves stationary during this kata.

- 1. Omote gyaku (hidari/migi)
- 2. Ura gyaku (hidari/migi)
- 3. Waki gatame (hidari/migi)
- 4. Ganseki nage (hidari/migi)
- 5. Uni kudaki omote (hidari/migi)
- 6. Uni kudaki ura (hidari/migi)

SPIRITUAL TRAINING

- Know what D's are referring to Meditation for Martial Artists
- Memorize and recite the Student Creed
- Memorize and recite Action Codes 3, 4, 5, 6, 7, 8, 9 & 10