

## **Brown/White to Brown 1st Kyu**

### **Katas:**

Seipai kata

Seienchin kata

**At this level we will require you to perform the following katas in addition to your test katas.**

Pinan Shodan

Anaku

Seisan

### **Self Defense:**

1. Multiple defenses from front choke hold.
2. Roundhouse kick Alternate Defenses
3. Slashing knife attack.
4. Four Ranges of Self Defense (For Study & Practice)
5. Nejitsu