



Brown

Bill Adams Martial Arts and Fitness Center

Class Curriculum

By Jonathan Ertel

Brown Belt – Brown Stripe

Self-Defense

***Ippans**

3 Front Attacks

3 Side Attacks

3 Rear Attacks

**student must create their self-defense and present to the Sensei*

Kata —

Kusan-ku

Sunsu

(student must have mastered all prior katas before testing)

5 Judo Throws

1. Outer Reap
2. Inner Reap
3. Hip Throw
4. Shoulder Throw
5. Tomanage Throw

Bunkai from the following Katas:

- Seisan
- Seiunchin
- Naihanchi
- Wansu