

Nihon Goshin Karate Do

Dewey's Martial Arts Academy

A Dojo for the Whole Family

Brown belt syllabus

Hand Techniques

Koken Uchi - Wrist Strike
Hiji Oroshi Uchi - Descending Elbow
Kote Uchi - Forearm Strikes

Stances

Shiko Dachi - Summo Stance
Sawari Wan - Moving Seiza

Kata

Brown Belt (2nd Kyu)- [Pinan V](#), [Tsukino](#) Kata
Yakusoku Kihone Kumite # 4
Brown Kyu (1st Kyu)- [Sai Ha](#), [Tensho](#) Kata
ShodanHo- All Previous Material Both Sides

Self Defense

Basic Self Defense # 1 - 10 and
Intermediate Self Defense # 1 - 10 , both
sides with partners and multiple attackers

Requirements for Testing

(Brown to Brown Kyu) Minimum 50 Classes and 6 months, 2 stripes
(Brown Kyu to Shodan Ho) 50 Classes and 6 months, 2 stripes
(Shodan Ho to Shodan) 6 Months to one year of consistent training
Know all Previous Material

All Techniques should be sharp with proper power and timing. All Katas should be sharp, crisp technique with solid stances.

Your hand and foot speed should be improved.
Your SPIRIT should be strong.

You should have an understanding of the principles of Karate.

Recommended Reading

- [Karate Dojo](#) by Peter Urban
- [Why is Everybody Always Picking on Me?](#) by Terrene Webster-Doyle
- [Musashi](#) by Eiji Yoshikawa
- [Karate: The Art of Empty Self](#) by Terrence Webster-Doyle
- [Three Golden Pearls on a String](#) by Thomas M. White

**3 Normanskill Blvd., Delmar, NY 12054
(518) 475-9641**