

1st Kyu — Brown Belt

ADVANCED GRADES | Technical examination standard

Objective

Full Kyu syllabus and preparation for Black Belt.

Required techniques

All prior techniques both sides; orthodox/southpaw demonstration; advanced boxing defence and ringcraft.

Mandatory combinations

- 15 senior combinations, including attack–defence–counter patterns

Defensive application

12 panel-assigned defensive scenarios.

Practical examination

15 combinations; 3 × 2-minute mitts; 3 × 2-minute kick pads; 2 × 2-minute bag; 2 × 2-minute shadowboxing; 4 × 2-minute technical sparring or alternative; teach three techniques.

Knowledge and conduct

Rules, technical principles and conduct.

Examiner standard: assess stance, balance, correct mechanics, accuracy, guard recovery, control, safety and retention of earlier-grade material.

Candidates must demonstrate technique safely; conditioning volumes may be adjusted for age and ability.

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KICKBOXING AND TATAMI SPORTS EVENTS