



REQUIREMENTS FOR BROWN BELT | IKKYU

Updated: 9/30/07

PLUS:

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| Aiki Jujitsu 1 | Comealongs | Tensho Aiki (#1) |
| Aiki Jujitsu 2 | Ukemi Waza | 6 mo. teaching at purple belt |
| Applied Karate 1 | Shime Waza (#1-2) | |
| Applied Karate 2 | Nage Waza (#1-22) | |
| Osoto Gari | Gyaku (#1-9) | |
| Groundwork | Aiki Jujitsu 3 (#1-22) | |
| Osaekomi Waza | Applied Karate 3 (#1-16) | |

APPLIED KARATE 3 (#17-26)

17	straight right	nagashi uke	L. yoko shuto, L. side uraken	collar dragdown fumikomi
18	straight right	nagashi uke	haito, cross shuto	standing tani otoshi
19	boxer's left	R. upwards arm chop	R. gedan shuto uchi, L. shotei	morote gari
20	att. front choke	nagashi uke	L. yoko shuto, L. side uraken	inside armtwist
21	low knife thrust	L. gedan shuto uke	inside armbreak, groin shittsui	inside armtwist
22	right roundhouse	cross shuto uke	inside armbreak, L. downward uraken	bodyslam
23	front hug (free)		groin shittsui, ear slaps, kidney chops	eyes takedown
24	front choke	ude uke (ko)	L. mae geri & L. tate zuki	bodyslam
25	front choke		winglock, double haito	osoto guruma
26	right & left	cross shuto uke	face shittsui, double ura zuki	lapel guruma

NAGE WAZA (#23-29)

23	front choke	osoto guruma
24	side headlock	yoko guruma
25	right & left	uki waza
26	right & left	yoko wakare
27	right & left	sumi gaeshi
28	right & left	maki gaeshi
29	straight lapel hold	kani sute

TENSHO AIKI (#2)

2	right & left, lapel guruma
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GYAKU (#10-25)

10	right & left	neckbreak osoto gari	kneeling neckbreak
11	side headlock	ushiro goshi	legscrew
12	att. full nelson	sacrifice harai makikomi	ude gatame
13	right & left	neckbreak yoko wakare	straddle neckbreak
14	right roundhouse	kata gatame osoto gari	kata gatame, juji gatame, wrist flex, arm scissors
15	rear handchoke	double winglock ippon seoi	hair hammerlock pin
16	right & left	lightning throw	sutemi strangle
17	front choke	sasae tsurikomi ashi	far lobster choke
18	right & left	uki otoshi	kami shiho, smother gatame
19	boxer's left	morote gari	Boston crab
20	rear hug (free)	leg pull	ashi kubi hishigi
21	right & left	front thunderbolt	ashi hishigi
22	boxer's left	leg scissors roll-up	leglock
23	front choke	sode tsurikomi goshi	crossbody armbar, ude garami
24	front choke	tomoe nage	ohten gatame
25	right & left	strangle sumi gaeshi	straddle hadaka jime

SHIME WAZA (#3-15)

3	juji jime (thumbs: in, out, opposite) [cross lapel]
4	okuri eri jime (front, rear) [long and short]
5	naked sliding choke (front, rear)
6	leg-over choke
7	scissors strangle
8	sutemi strangle
9	lobster choke (far, near)
10	pancake choke
11	sacrifice choke (one hand, two hands)
12	koshi jime
13	knee pressure choke
14	guillotine choke
15	sankaku jime [triangle choke]