

United Karate Centers

Jr Brown Belt Curriculum

1st Tip

Forms

Basic Form #1 Basic Form #2 Basic Form #3

Four directional Nunchaku Form #1

Tip Test Date and Instructor's Signature _____

2nd Tip

Kicking

Basic Double Kicks

Front snap kick to round house

Cross step low, high side kick

Cross step hook kick to round house

Kicking Combinations

#1 Low leg kick to front kick to cross step side kick

#2 Front kick to cross step, side kick to cross step in front round house

#3 Inside ax kick to cross step hook kick to turn around back kick with left leg

#4 Front snap kick to round house to cross step low, high side kick to cross step hook kick to round house

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3rd Tip

Pass of Spinning Kicks (Round House before each spin Kick progressing forward)

Pass of spinning out side crescent kick, pass of spinning hook kick

Pass of spinning heel kick

Punches

All punches from lower ranking belts

Chain punches

Chain punches to clinch

Kali

1st Set with double sticks

Staff or Bow

17 Angles of Attack (Kali concept)

Four Directional Staff

Gymnastics

Cart wheel, Handstand against mat, Forward roll to jumping straddle

Red Tip Test Date and Instructor's Signature _____