

**VICTOR YOUNG'S**  
**GANBARE SHOTOKAN KARATE-DO OF PRESCOTT**  
**1st Kyu Advanced Brown Belt Requirements**

\* In Japanese Terminology \*

**KIHON-**

**Hand techniques** Forward and backward

Step back w/ right leg Gedan Barai into Zenkutsu Dachi

**5 times each from Kamae:**

- A. Shift in Gyaku Zuki jodan, Step in Gyaku Zuki chudan
- B. Step back Jodan Nagashi Uke, Uraken jodan, Gyakuzuki chudan
- C. Shift in Kazami jodan, Gyakuzuki jodan and step in Gyaku Zuki chudan
- D. Step back chudan Nagashi Uke, Uraken jodan, Gyakuzuki chudan
- E. Step forward Shutouke, Nidan Mae Geri, Nukite chudan
- F. Step back Gedan Kake Uke, Uraken jodan, Gyakuzuki chudan

**Kick / Punch Combination Techniques** – Forward turn and back

Step back w/ right leg Gedan Barai into Zenkutsu Dachi

**3 sets each changing legs from Kamae:**

- A. Kazami Mae Geri (keage Gedan), Mae Geri Kekomi jodan, Mae Geri Keage chudan, Gyaku Zuki
- B. Gyaku Zuki chudan, Mae Geri Keage chudan, Mae Geri Kekomi jodan, Gyakuzuki
- C. Gyaku Zuki chudan, Mae Nidan Tobi Geri, Kazami or Uraken jodan, Gyakuzuki
- D. Gyaku Zuki chudan, Mae Geri Kekomi chudan, Mawashi Geri jodan, Gyakuzuki
- E. Kazami jodan, shift in Kazami Yoko Geri Keage, Yoko Geri Kekomi, Gyakuzuki
- F. Gyaku Zuki jodan, Mikazuki Geri chudan, Ushiro Geri Kekomi chudan, Uraken jodan, Gyakuzuki

Controlled punching – move around freestyle w/kizami, oi zuki, gyaku zuki,  
Uraken until “Yame” is called

Controlled kicking – move around free style w/mae geri, yoko geri,  
Mawashi geri, Ushiro geri, until “Yame” is called

**KATA-**

Must review Heian Shodan to Godan & Tekki Shodan and Nidan at random  
Tekki Sandan

Favorite Advanced Kata

- A. A. Must know bunkai for above katas for A test

**KUMITE-**

Jyu Ippon Kumite Left or right side

\* One side does the entire attacks first then change attacker\*

- A. Jodan Zuki (choice of oi zuki, gyaku zuki, or kizami zuki)
- B. Chudan Zuki (oi zuki or gyaku zuki)
- C. Mae Geri chudan or jodan
- D. Yoko Geri Kekomi chudan or jodan
- E. Mawashi Geri chudan or jodan
- F. Ushiro Geri chudan or jodan