

# **Brown Belt Test**

## **Mandate:**

### **All Mandates**



#### *I. Kihon / Basics / Mandates Required*

1. Linear Defensive Waza \_\_\_\_\_
2. Linear Offensive Waza \_\_\_\_\_
3. Stance Waza \_\_\_\_\_
4. Open Hand Waza \_\_\_\_\_
5. Sweeping Waza \_\_\_\_\_
6. Elbow Waza \_\_\_\_\_
7. Closed Fist Waza \_\_\_\_\_
8. Blocking Waza \_\_\_\_\_
9. Snap Kick Waza \_\_\_\_\_
10. Thrust Kick Waza \_\_\_\_\_

#### *II. Kata / Forms*

1. Heian Sandan Jiyu (free) \_\_\_\_\_
2. Heian YodanPK \_\_\_\_\_
3. Heian Godan \_\_\_\_\_
4. Ronan-Sho (first 3<sup>rd</sup> only) \_\_\_\_\_

#### *IV. Kata Application /Timing, Distancing and Control*

1. Heian Sandan \_\_\_\_\_
2. Heian Yodan \_\_\_\_\_
3. Heian Godan \_\_\_\_\_

Candidate: \_\_\_\_\_

Examiner: \_\_\_\_\_

Date: \_\_\_\_\_