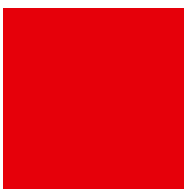


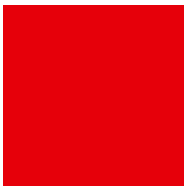





Youth 1st Kyu Brown Belt Requirements

Congratulations on being eligible to test for your Brown Belt at Ichiban! The list below includes the requirements students will need to earn their red tip to progress towards Brown Belt.

Requirements:

-  A minimum of 32 classes, positive work ethic and respect for classmates and instructors.
-  Kata: Universal 1, 2, 3, 4 / Kicking Kata 1 & 2
Working knowledge of Universal 5
-  Kumite 1 -4 right and left side
-  40 push ups , 25 crunches, 30 second plank x 2
-  Power front, round, side, back kicks, and spinning back kicks, spinning hook kicks

Red Tip Testing Sign Ups will be open to students this Saturday 4.4