

Brown I to Shodan Curriculum

Kokoro Series

Review Previous Series

Goshinjutsu *(Philosophy)*

Expect The Unexpected

Ne Waza

Command of principles of weighting, controlling elbows, breath, pressure, and power of positioning

Flowing from position to position, from position to submission, from submission to position

Ability to get to feet from any position

Goshinjutsu

Escalation training for all previous self-defense techniques

Nage Waza

Escalation training for all throws

Mild Resistant Randori

Buki (Weapon Training)

Nitan Bo

6 Basic Strikes/Blocks

- Lobtik
- Witik
- Abanico
- Redondo
- Double Redondo
- Punyo

Sinawali Flow Drill

Pattern 1

Pattern 2

Pattern 3

Bo

6 Basic Strikes/Blocks *(Moving and Stationary)*

- Seiken
- Gedan Barai
- Haito
- Jodan
- Soto
- Shoto Oroshi

2 Person Striking Kata

Introduction to Bo Kata