

Kosho-kai Karate Dojo
Standards for Sankyu - Brown Belt (white stripe)

Improved performance of all previous standards

Completion of brown belt history/knowledge sheet

Kihon Waza:

Juji uke
Haito uchi

Waza:

Ten No Kata 6 - 10

Taezu Naru Waza 5

Juho waza (soft method techniques)

- Front headlock**
- Tackle**

Kata:

Seiunchin