



Karate & Judo Academy

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www.GoshinKarate.com

Dear 1st Brown Belt Student:

Congratulations on your recent promotion to Ikkyu - 1st degree brown belt. Your next step is shodan, a major milestone on your martial arts journey. Your black belt review will be a formal review before a black belt board. It will call upon you to deliver your personal best, yet it need not be a difficult task **IF YOU PREPARE PROPERLY**, starting **NOW!**

Here is what you will need for the review:

- **Pinan #1, #2, #3, #4, & #5, Naihanchi #1, #2, & Passai**, executed correctly and without hesitation. Your form must be excellent.
- **Ten combination techniques of your choice**, selected from your orange through 1st brown technique sheets and DVD's. These must be executed smoothly and at **street speed**.
- **Self Defense** against any attack which you have learned in your training up to this point. You may also be faced with the necessity to improvise against other attacks. These also must be executed smoothly and at street speed without hesitation. (A word of advice - be prepared to move to another technique **IMMEDIATELY - within LESS THAN ONE SECOND** - if you try one defense and discover that it is not working for you.)
- **Judo & grappling** techniques up through shodan.
- **Bunkai** - you will be expected to select a kata of your choice and provide a workable, real - life bunkai for each of the various moves utilizing various striking, joint locking, grappling, choking interpretations.
- **Sparring** - a minimum of 70 classes, as indicated in your Student Handbook, rank requirement sheets, and training DVD's.

You must have a **clean, pressed white gi** for testing.

You must line up an **"uke" - a training partner** - to demonstrate your techniques with.

Additionally, you must pass a **written test**. This test may be done at home. You may print a copy of this test from www.GoshinKarate.com at your convenience.

I WANT you to succeed. Begin practicing right away. If you need technique lists for previous belts, see me in the office. If you need DVD's from previous belts that have become lost or damaged, they are available @ \$14.95 each. If you find that you need extra help on something, please let me know and I will make the appropriate arrangements for private lessons. Remember - "Inch by inch, it's a cinch". Practice a little each day, and you'll be ready on review day.

Here's what some of the experts say:

".....**Getting ready is the secret of success.**" Henry Ford

"**The secret to training is to train 100 times then to train 1000 times.**" – Yagi Meitoku, Dai Sensei

"**We are what we repeatedly do. Excellence, then, is not an act, but a habit.**" –Aristotle

Sincerely,

Roger Boggs