

Having reached Brown belt,

the minimum requirement to attempt 3rd kyu is 40 classes and 4 months.

Before we start discussing this grade it's important that you understand that having reached your Brown belt you have embarked on an all new phase of your martial arts journey. By all estimates you are now approximately 18 months away from Black belt.

The journey of Seiunchin should be to first develop all the right technical aspects, making sure you dot all the I's and cross all the T's. There is no point being fast or explosive if you have poor technical habits as these will not serve you well in self-defence.

The best way to achieve this is to practise at home often (you might also practise before and after class). When you practise, go through the kata in super slow motion. Going through in super slow motion enables you to really think about each and every aspect of each movement. This allows you to perform it correctly, creating muscle memory and positive habits. It also allows you to identify poor habits (and correct them), habits that you may not have identified at regular pace. Going at this pace also means you won't pull any muscles or work up a sweat (so you can even practise in at work in your office).

Once you have practised it a few times in super slow motion, build it up to medium pace and then finally at regular pace.

Having obtained your Brown belt, its important to start setting your sights on your next grading, 2nd Kyu Brown belt. By no means does this imply that you should be in a rush to grade, or lack patience in developing your skills, understanding and overall progress. It merely suggests that you should start to focus on what skills and abilities are required for the next part of your journey and set an action plan in place to start developing these.

Questions the Chief Instructor Asks Before Grading

Someone To 2nd Kyu Brown Belt

- Has this student continued to develop their ability in their Basic techniques?
- Has this student continued to develop their ability in all previous kata?
- Have they developed the key principles within these kata
- Have they developed a solid understanding and do they demonstrate sound ability in Seiunchin?
- Does this person demonstrate the etiquette and attitudes of an advanced karate-ka?

Best regards any question please contact me



Andy Kent
founder and Chief Instructor