

# Brown Belt (Sankyū) Practice Schedule



Week 1 – Skill focus – Developing the Second Primary Kata – Seisan – 33 positions of attack and defense.

1. Review Brown Belt Lesson 3 – Seisan Kata Part 1
2. Perform 4 each Hojoundo 1-7 / 5 From left Sanchin Stance then 5 From right Sanchin Stance
3. 3 Sanchin Kata (remember your skill drills and alternate your training!)
4. 1 Kanshiwa Kata
5. 1 Kanshu Kata
6. 1 Seichin Kata
7. Practice 1 each attack / defense Kyu Kumite 1-5
8. 3 Seisan Kata Part 1

Week 2 – Skill focus – Advanced mobility/angles in Seisan Kata

1. Review Brown Belt Lesson 94 – Seisan Kata Part 2
2. Perform 4 each Hojoundo 8-14 / 5 From left Sanchin Stance then 5 From right Sanchin Stance
3. 3 Sanchin Kata (remember your skill drills and alternate your training!)
4. 1 Kanshiwa Kata
5. 1 Kanshu Kata
6. 1 Seichin Kata
7. Practice 1 each attack / defense Kumite 1-3
8. 3 Seisan Kata Part 1-2

Week 3 – Skill focus – Learning Multiple Step Defense/Attack Sequences

1. Review Brown Belt Lesson 95 – Seisan Kata Part 3
2. Perform 3 each Hojoundo 1-14 / 5 From left Sanchin Stance then 5 From right Sanchin Stance
3. 2 Sanchin Kata
4. 1 Kanshiwa Kata
5. 1 Kanshu Kata
6. 1 Seichin Kata
7. Practice 1 each attack / defense Kyu Kumite 1-5
8. Practice Seisan Kata Part 1-3 / 3 times

Week 4 – Skill focus – Putting Seisan Together! – This is a PRIMARY Kata!

1. Review Brown Belt Lesson 95 – Seisan Kata Part 4
2. Review Parts 1-3 to insure proper techniques
3. Perform 3 each Hojoundo 1-14 / 5 From left Sanchin Stance then 5 From right Sanchin Stance
4. 2 Sanchin Kata
5. 1 Kanshiwa Kata
6. 1 Kanshu Kata
7. 1 Seichin Kata
8. Practice 1 each attack / defense Kyu Kumite 1-5
9. Practice Seisan Kata Complete / 3 times