



Shinmei Shorin-Ryu Karate
Brown Belt Ippons
Last Modified:

The brown belt ippons continue to build the students' ability with *tai sabaki*, or change of body, to move out of the way of an incoming attack.

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Video Tutorial

Watch brown belt ippons #1-10 here: <https://www.youtube.com/watch?v=B9ENchRDixw>



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Written Instructions

	Attack	Defense	Defensive Movement
1	<ol style="list-style-type: none"> 1. Punch high over front foot. 2. Punch low over back foot (no stepping) 	<ol style="list-style-type: none"> 1. Block open hand over front foot (opening up). 2. Block down with same hand over front foot. Rear hand grab, then counter with blocking hand (over front foot) backfist 	Straight back
2	Haymaker punch to midsection (over front foot)	Both hands strike top of attacker's hand, as defender steps back...counter with back strike with lead hand, other hand holds attacker's wrist (block should be done so that attacker is opened up)	Back 45 degrees
3	Punch midsection (over front foot)	Step back, strike over arm with lead hand, nukite (over top of opponent's arm)... as you grab attacker's wrist with other hand for control (example: left foot out, left hand strike, right hand grab)	Back 45 degrees
4	Punch high chest (over front foot)	Step back, grab attacker's wrist (cross attacker up, pull down), nukite strike under arm with lead arm	Back 45 degrees
5	Punch to midsection (over front foot)	Step in, block at attacker's elbow (cross up), counter with a vertical punch to ribs (block should be done across your body with palm heel strike)	Forward
6	Punch to midsection (over front foot)	Step in with 2 inside blocks (at elbow on outside of arm, and at wrist on inside of arm), counter with punch to ribs with same	Forward



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		hand that blocked at wrist. Keep other hand on elbow for control	
7	Punch to midsection (over front foot)	Step back, block at wrist with lead hand under wrist to break wrist, other hand grabs top of attackers hand and apply pressure towards attacker	Initially back 45 degrees, then forward after wrist lock
8	<ol style="list-style-type: none"> 1. Back fist right hand 2. Spinning back fist left hand 3. Elbow with right arm 	<ol style="list-style-type: none"> 1. From fighting stance, block across your body with palm heel, block right hand and at the same time punch to ribs with left hand. 2. When attacker throws second strike, block with left hand and strike to back of head at the same time with right hand. 3. When attacker tries to elbow, place your right elbow in middle of back and grab their arm with your left hand, push elbow into back and pull the arm at the same time 	Initially square off with attacker, then defensive movement is forward with elbow
9	Punch to midsection (over front foot)	Step in, grab attacker's arm with back hand (cross up), pull into you and strike to ribs with punch	Forward
10	<ol style="list-style-type: none"> 1. Punch high, then punch low (same hand), 2. Punch high with other hand. 	<ol style="list-style-type: none"> 1. Step back and double bone block (cross up), then block low (same hand). 2. When attacker punches to face with other hand, bring your arm up and around both of 	Initially square off with attacker, then "continue the circle" with blocks



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		attacker's arms and push down, counter with backfist using same hand	
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