

Brown Belt Requirements – Adults

(Minimum 3 months & 40 classes)

First Black Stripe

Previous Hand Strikes

1. Throat Strike
2. Elbow
3. Hammer Fist
4. Ridge Hand
5. Palm Heel
6. Back Fist / Jab
7. Reverse Punch
8. Front & Back Hooks
9. Front & Back Uppercuts

New Kicking Basics

1. Tornado Kick

Previous Kicking Basics

1. Spin Hook Kick
2. Axe Kick
3. Hook Kick – Round Kick
4. Hook Kick
5. Slide Round Kick
6. Back Leg Round Kick
7. Side Kick
8. Round Kick
9. Front Leg Front Kick
10. Back Leg Front Kick
11. Back Leg Thrust Kick
12. Back Kick

Previous Pad Strikes

1. Knee
2. Turn Side Kick
3. Back Leg Round Kick
4. Offensive Side Kick
5. Defensive Side Kick
6. Back Leg Thrust Kick
7. Thrust Kick
8. Standing Side Kick (on Bar)

Previous Kickboxing Techniques

1. Jab, Punch, Front Hook, Front Leg Round Kick
2. Jab, Punch, Front Upper Cut, Front Leg Front Kick
3. Jab, Punch, Back Leg Round Kick, Back Leg Round Kick
4. Jab, Punch, Front Upper Cut, Back Upper Cut
5. Jab, Punch

Second Black Stripe

New Self-Defense

1. Wrist Grab – Outside Wrist Lock
2. Lapel Grab – Inside Wrist Lock

Previous Self-Defense

1. Push Defense
2. Wrist Grab – Reverse Grab, Throat Strike, Reverse Leg Sweep
3. Double Chicken Wing
4. Hammer Lock
5. Head Lock
6. Arm Bar Choke
7. Front Choke
8. Bear Hug
9. Outside Block – Palm to attackers nose
10. Lapel Grab
11. Outside & Inside Blocks
12. Front Wrist Grabs
13. Rear Wrist Grabs

Third Black Stripe

Stances

1. Back Stance
2. Front Stance

Previous Blocks/Marching Basics

1. Side Block (Back Stance) – Punch (Front Stance)
2. Sudo Block (Back Stance) – High Block (Front Stance) – Punch (Front Stance)
3. Low Block (Front Stance) – Front Kick/Lunge Punch (Front Stance)
4. Sudo Block (Back Stance) – Punch (Front Stance)

Form

Discovery (First Half)

Fourth Black Stripe

Sparring