



Brown with Double Black Stripe Belt Requirements

(Minimum 40 Classes Prior To The First Black Belt Screening)

IN ADDITION TO EVERYTHING LEARNED AT THE PREVIOUS LEVEL(S)

1st Black Stripe (Basics)

Marching Basics

1. [Sudo Block + Punch](#)
2. [Low Block + Kick + Land + Punch](#)
3. [High Block + Punch](#)
4. [Side Block + Punch](#)

Kicking Strikes

1. 20 Multiple Round Kicks without setting down
2. 10 Multiple Side Kicks balancing for 3 seconds
3. 5 Multiple Tornado Kicks

2nd Black Stripe (Self-Defense)

[Review All Previous Defenses and Prepare for The Black Belt Exam](#)

3rd Black Stripe (Form)

Discovery (Full Form)

"To Discover"

4th Black Stripe (Sparring)