



Brown Belt Requirements

(Minimum 4 months & 40 Classes)

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

1st Black Stripe (Basics)

Kicking Strikes

1. 10 Multiple Round Kicks without setting down
2. 8 Multiple Side Kicks balancing for 3 seconds
3. [Single Tornado Kick](#)

2nd Black Stripe (Self-Defense)

Horse Collar Pull

1. Attacker starts behind the defender.
2. Attacker grabs the back collar of the defender's shirt and pulls them back.
3. The defender steps back while turning to face the attacker, defender also wraps the closest hand under and over the attacker's grabbing arm.
4. Defender follows up with a groin strike into a palm heel strike to the attacker's face.
5. Defender shoves the attacker away.
6. Defender steps away into a fighting stance.

Side Choke

1. Attacker starts at the side of the defender.
2. The attacker chokes defender in a side choke position.
3. The defender plucks with their far hand as they sidestep away from the attacker whilst throwing a hammer fist strike to the attacker's groin.
4. Defender follows up with the same arm striking with an elbow to the attacker's chin.
5. The defender turns towards the attacker and shoves them away.
6. Defender steps away into a fighting stance.

3rd Black Stripe (Form)

Discovery (1st half)

"To Discover"

4th Black Stripe (Sparring)