



BROWN BELT I

BELT REQUIREMENTS

Fundamentals

POSITIONS

Clinch
Guard
Back
Mount
Cross Body

MANEUVERS

Four Points Base
Bridge (Upa)
Shrimp Out
Stand in Base

KICKS

Pijao
Switching Leg Kick
Jump-Spinning Back
Jump-Spinning Side

STRIKES

Spiking Elbows
Spiking Knees

TAKEDOWNS

Blitzing Double Leg
Trapping Double Leg
Locking Single Leg

SUBMISSIONS

Armlock (Mount)
American Armlock
Head and Arm Choke
Triangle

Self-Defense

- 1) **Falling Falcon** - One Hand Chest Grab Pulling In - Front
- 2) **Clinch Break** - Muay Thai Clinch
- 3) **Clinch Throw** - Muay Thai Clinch
- 4) **Mount Defense** - Defense - Mount
- 5) **Upa Escape** - Opponent Punching - Mount
- 6) **Prong Escape** - Escape - Mount
- 7) **Cross Body Defense** - Escape - Cross Body
- 8) **Bridging Serpent** - Escape - Cross Body
- 9) **Repeating Bridge** - Escape - Cross Body
- 10) **Trapping Branch** - Arm Lock - Mount or Cross Body
- 11) **Twisting Twig** - Arm Lock - Mount or Cross Body
- 12) **Americana Escape** - American Arm Lock - Cross Body
- 13) **Monkey Frame** - Wrestler Headlock - Scarf Hold
- 14) **Spider Frame** - Wrestler Headlock - Scarf Hold
- 15) **Locking Bridge** - Wrestler Headlock - Scarf Hold
- 16) **Leap from Danger** - Aggressive Push - Behind
- 17) **Maintaining the Gap AB** - Opponent Approaches - Front
- 18) **Deflecting the Spear** - Jab - Front
- 19) **Taming the Mace** - Hooking Punch - Front
- 20) **Bowing to Buddha** - Kick or Knee to Head While Kneeling - Front
- 21) **Thrusting Branch** - Single Leg Takedown Attempt - Front
- 22) **Breaking the Sword AB** - Stabbing Knife Attack - Front
- 23) **Broken Lance** - Downward Stabbing or Slicing Knife Attack - Front
- 24) **Offer of Dust ABC** - Knife or Club Attack - Front
- 25) **Trapping the Flame AB** - Hand Gun - Front

Staff Combinations



*"When pure knuckle meet pure flesh
That's pure karate
No matter who executes it
Or whatever style is involved"*
-Ed Parker

