



BROWN BELT II

BELT REQUIREMENTS

Fundamentals

<u>POSITIONS</u>	<u>MANEUVERS</u>	<u>KICKS</u>	<u>TAKEDOWNS/THROWS</u>	<u>SUBMISSIONS</u>	<u>SPECIALIZED</u>
High/Low Clinch Guard (Top) Guard (Standing)	Technical Stand-Up Stacking	Heel Stomp Switch Kicks Jump Kicks Flying Kicks	Tai Otoshi Drop Seoi Nage	Anaconda Armlock (Guard)	Outer Perimeter Targets Whipping

Self-Defense

- 1) **Wings of Silk** - Chicken Wing Lock - Behind
- 2) **Breakout** - High/Low Clinch - Front
- 3) **Kneeling Dragon** - High/Low Clinch - Front
- 4) **Whirling Dragon B** - High/Low Clinch - Front
- 5) **Bracing Buddha** - Defense - Guard
- 6) **Rio Drum** - Offensive Technique - Guard
- 7) **Squeeze the Bread** - Offensive Technique - Guard
- 8) **Kimura Escape** - Kimura - Guard
- 9) **Catching Branch** - Arm Lock - Guard
- 10) **Kneeling Wedge** - Triangle Choke - Guard
- 11) **Can Opener** - Triangle Choke - Guard
- 12) **Encounter with Danger** - Aggressive Push - Front
- 13) **Body Drop** - One Hand Push - Front
- 14) **Circling Fans** - Jab/Cross Combination - Front
- 15) **Protecting Fans** - Jab/Cross Combination - Front
- 16) **Circles of Protection** - Overhead Punch - Front
- 17) **Intercepting Doom** - Roundhouse Thigh Kick - Front
- 18) **Checking Doom** - Roundhouse Thigh Kick - Front
- 19) **Wizzer** - Single Leg Takedown Attempt - Front
- 20) **Entangled Lance** - Stabbing Knife Attack - Front
- 21) **Turning the Flame AB** - Hand Gun - Front
- 22) **Returning Lance** - Slicing Knife Attack - Front
- 23) **Twisting the Flame** - Hand Gun - Front
- 24) **Raging Deviation** - Mass Attack - Offensive Aggressive
- 25) **Urgent Domination** - Mass Attack - One Opponent Grabbing

Single Stick



"To win one hundred victories
in one hundred battles
is not the highest skill.
To subdue the enemy without fighting
is the highest skill."
-Sun Tzu

