

REQUIREMENTS FOR BROWN BELT

VERSION 2.1 5-18-12

WEAPONS SETS

Club Set 1 mechanical _____ execution _____
 Club Set 2 mechanical _____ execution _____

CLUB TECHNIQUES

STORM represents a defensive technique while TEMPEST represents an offensive technique.

PROTECTING STORM (RS7 or S1)
 DEFLECTING STORM (low T9)
 DIVERTING STORM (low T9)
 SHELTERING STORM (RS6/S2)
 COLLIDING STORM (RS1/S2)
 WHIPPING TEMPEST

MASS ATTACK

At this level of training, the student is required to understand the basic principles of multiple attackers as well as show proficiency in dealing with them. The student will be required to defend his/her self from two or more attackers converging from different directions with unknown attacks.

2 Person Mass Attack _____
 3 Person Mass Attack _____

STRESS TRAINING

MASS CIRCLE _____ HIT AND RUN _____

FITNESS

Fitness requirement same as GREEN

SPARRING

Sparring requirement same as GREEN plus:

Club Sparring X1 _____ Blindfolded Grappling _____

BROWN BELT TEST

COMMENTS: _____

DATE: _____



NAME: _____

DATE: _____

