

WHAT IS A DRAGON BROWN BELT?

Before 1960, there were no colored belts. Just white belt, brown belt, and black belt. This tradition came from the Okinawans that developed the original gi or uniform which was held closed by a simple white belt. After years of training, the belt would darken due to dirt, sweat, and sometimes blood. Whoever had the darkest belts were usually the senior students. The Japanese developed the idea of the brown belt and black belt. The brown belt showed that the student was a senior and was just one step away from a black belt and all the responsibilities that went with it. As a brown belt, the student had put in the required time of study, demonstrated sufficient martial skill, and shown to his instructors that he had the qualities of a black belt. They were now able to assist in the teaching responsibilities of the school and were held to a much higher standard than the other students. The brown belt was the perfect example of the tiger. Highly trained, strong, fearless, ready to fight to right wrongs, but still lacking in life's experiences. The tiger would rather fight than talk, rather ignore fear than use it as a friend. He would rely on his strength to carry him through rather than look at all the possible options and outcomes. As a brown belt, you have a responsibility to yourself and those around you that you use what you have been taught to make yourself a better person. If you must use your skills, think first, know what is right and what is wrong, then do what you feel is the correct thing.

REQUIREMENTS FOR LITTLE DRAGONS BROWN BELT

VERSION 2.2 4-4-12



NAME: _____

DATE: _____

BASICS

1st TIP

KICKS

spin crescent _____

jump roundhouse _____

MANEUVERS

dive-recover _____

BLOCKS

in/out parry _____

2nd TIP

FORMS/SETS

FORM 1 PHASE 4

Part 1 (2nd Tip) Mechanical _____ Execution _____

Part 2 (Belt) Mechanical _____ Execution _____

FITNESS REQUIREMENT

75 JUMPING JACKS _____

20 PUSH UPS _____

25 CRUNCHES _____

10 BODY BUILDERS _____

10 LAPS _____

SPARRING

STRIKING

Combination 11

Jab-Cross-Jab-Spinning Backfist _____

Combination 12

Step-thru Front Kick-Jump Roundhouse Kick _____

BREAKING

Break one board of with their choice of weapon

Break _____

SELF DEFENSE

BROWN BELT

CIRCLING WING (rear two hand choke) _____

Ready Stance, Front Left Neutral Bow, Right High Outward Elbow, Left Palm-thrust, Right Upward Elbow, Right Inward Elbow/Left Sandwich

SLEEPER (right straight punch) _____

Ready Stance, Front Left Neutral Bow, Left Inward Block, Right Inward Ridgehand, Step to Right Neutral Bow, Right Headlock

THRUSTING WEDGE (high two hand push) _____

Ready Stance, Front Right Neutral Bow, Left/Right Outward Swordhands, Right Upward Elbow, Right Downward Palm-heel

RACKING MACE (two hand grab) _____

Ready Stance, Front Right Neutral Bow, Left Hand Pin/Right Upper-cut, Right Inward Hammerfist, Right Outward Handword

GRAPPLING

Guard Openings

Forearm Press _____

Standing _____

Positions

Back Hooks _____

Clinch

Single Leg Lift _____

Inside Leg Trip _____