

1st TIP TEST

BASICS: _____

 SELF DEFENSE: _____

 SPARRING: _____

 DATE: _____

2nd TIP TEST

BASICS: _____

 SELF DEFENSE: _____

 Form 2-Intro: _____

 SPARRING: _____

 DATE: _____

BROWN BELT TEST

BASICS: _____

 SELF DEFENSE: _____

 FORM 2-1: _____

 SPARRING: _____

 DATE: _____

Write a paragraph on RESPONSIBILITY and how you use it in your day to day life.
 Must be completed and accepted prior to your BROWN BELT test.
 Date: _____

REQUIREMENTS FOR
Jr./TEEN BROWN BELT

VERSION 3.0 6-7-12



NAME: _____

DATE: _____

BASICS

1st TIP

KICKS

Flying Side Kick _____

Jump Spinning Back Kick _____

360 Roundhouse Kick _____

FITNESS

50 squats _____

30 pushups _____

50 crunches _____

FORMS/SETS

2nd TIP

Form 2-Intro mechanical _____ execution _____

BELT

Form 2-1 mechanical _____ execution _____

SPARRING

STRIKING

Combination 15

Step-through Roundhouse Kick - Jump Spinning Back Kick

Combination 16

Step off Roundhouse Kick - Cut Roundhouse Kick

Combination 17

360 Roundhouse Kick - Spinning Back Kick

SPARRING

Standing Grappling/with two different submissions _____

Sparring a Jr. Student (teaching skills) _____

Sparring a Sr. Student (skill) _____

Sparring two students simultaneously _____

BREAKING

Student will be required to make two breaks of his/her choice

Hand/Elbow _____

Kick _____

SELF DEFENSE

1st TIP

APPROACHING DOOM (R - R)

TRAPPING MACES (R - R)

2nd TIP

TRAP OF DEATH (R - R)

COLLAPSING WING (R - R)

BELT

TRAPPING DESTRUCTION (R - R)

TWISTED WING (R - R)

OFFENSIVE TECHNIQUES

As martial artists, we are required to wait until the last possible moment before we use force to defend ourselves. This does not necessarily mean we have to wait for our assailant to strike first. Once we have decided that he intends to attack regardless of what we say or do, then we are reacting to his threat by striking first. A preemptive strike may be your best if not only opportunity to defend yourself. In Brown Belt, we have taken the curriculum to the next continuum. We are now fighting a trained or experienced fighter. The techniques are written in such a way as to give you options depending on the situation or the opponent's skill level. All the Brown Belt techniques are built off Centerline Set where control and domination of the centerline is the over-riding theme. As you learn to move and protect your centerline, his ability to strike you will be nullified.

THE TIGER

At BROWN BELT, we are truly considered "The Tiger".

Our skills are such that we are considered advanced.

This means that we have a thorough understanding of

the mechanics that make our weapons effective, which

targets will give us the desired result, and we have

begun to internalize both. Our knowledge of "the fight"

has increased to the point where we feel comfortable

at all ranges, whether it be grappling, boxing, sparring, or a combination of all three. We are

strong, fast, and confident yet we do not yet have the experience of the seasoned Black Belt

and it is this experience that separates the Tiger from the Dragon. With experience comes

wisdom and with wisdom comes the knowledge that there is still much more to learn and that

there are no guarantees when two humans engage in combat. The Tiger is ready for the fight

regardless of the consequences while the Dragon chooses the fight because it understands

the consequences. Be the Tiger but strive for the Dragon.

