



Brown Belt ~ Intermediate

"Repetition of the same thought or physical action develops into a habit which, repeated frequently enough, becomes an automatic reflex." ~ Norman Vincent Peale

DO NOT begin a new section of the curriculum until you have stripe tested.

This is how to practice in class. Practice each technique on both the left & right sides 5 times, if possible, and then your partner does his technique 5 times on both the left & right sides. Once you have covered each technique you have been taught so far then start over.

↓ FIRST STRIPE

☯ **Strikes**

- 26- Tiger Mouth
- 27- Rolling Puch
- 28- Rolling Backfist
- + All Previous Strikes

☯ **Ground Kicks**

- 20- Defensive Position
- 21- Round kick
- 22- Hook Kick
- 23- Sidekick
- + All Previous Kicks

☯ **Trapping Drills**

- 7- Elbow Strike, Block, Strike
- + All Previous Trapping Drills

☯ **Terminology**

- 6-Instructor ~ SaBumNim
- + All Previous Terminology

☯ **Break Falls**

- + All Previous Break Falls 1 - 6

☯ **Striking Releases**

- 31-Headlock-Grab attacker's wrist as you are pulled down, your knee strikes the back of his knee hand, look up as you bring your head from under his arm, place him in a Police Lock.
- 32-Grasp of Death (Headlock)-Grab attacker's wrist as you are pulled down, Grab his Groin with your other hand, look up as you bring your head from under his arm, place him in a Live hand Press.
- 33-Delayed Sword (One Hand Lapel Grab)-Trap attacker's hand to your lapel, hammer fist his radial bone with your other hand, then hammer fist to his jaw.
- 34-Captured Twigs (Rear Bear Hug-Arms Trapped)-Trap the attacker's hands with one hand as you step to the side, use your other hand to hammer fist his groin, then elbow his solar plexus, stomp foot, then with same hand palm heel jaw.
- 35-5 Swords (Hook Punch)-As you step into the attacker with your outside foot, you knife hand strike to his radial nerve and hammer fist his bicep, then slide your hand up past his shoulder to knife hand his neck, your other hand does a palm heel strike under his jar, then uppercut to the solar plexus.

Defensive Tactics

The attacks below are some of the most common attacks for which these techniques are good defenses. All the attacks need to be done from both the left and right sides.

CORE CONCEPT: C15 KICK DEFENSE

↓ SECOND STRIPE

☯ **Front Kick ~ Inside Defense**

Pick 5 From List For Test

- 1- Sweep
- 2- Thigh Strike
- 3- Turning Kick
- 4- Knee Kick
- 5- Balance Break
- 6- Head Control
- 7- Spinning Strikes

↓ THIRD STRIPE

☯ **Front Kick ~ Outside Defense**

Pick 5 From List For Test

- 1- Choke
- 2- Low Side Kick
- 3- Straight Arm
- 4- Shoulder Take Down
- 5- Head Control
- 6- Spinning Strikes

↓ FOURTH STRIPE

☯ **Turning Kick ~ Inside Defense**

Pick 5 From List For Test

- 1- Sweep
- 2- Thigh Strike
- 3- Low Spin Hook
- 4- Knee
- 5- Balance Break
- 6- Dropping Hip Throw
- 7- Hip & Sweep
- 8- Turning Kick
- 9- Spinning Strikes

These attacks are only a few attacks that can be defended with Kick Defenses. Experiment with finding other attacks you can defend using Kick Defenses.

Requirements for Promotion To your next belt (1) Attend a minimum of 22 classes since last belt test (2) Be able to demonstrate your techniques at street speed (3) Be invited and pay your testing fee at least a week prior to your test so we can order and receive your belt.