

1ST DEGREE BROWN

approximately 2 1/2 to 4 years

MATERIAL TO KNOW:

1. BASIC TERMINOLOGY, STANCES AND EIGHT BASICS (RECITE AND DEFINE)

2. ESCAPES:

- A. Bear hug (must know 2)
- B. Head Lock (Must know two)
- C. Chicken Wing
- D. Rear Arm Grab
- E. Sweep to Mount Escape
- F. Inside Sweep to Guard Escape
- G. Forward Sweep to Prone Escape

3. JUDO: (Must Be Able to Perform From Either Side)

- A. Front Sweep and Inside Sweep
- B. Front Hip Throw
- C. Shoulder Throw
- D. Front Short Hip Throw
- E. Side Short Hip Throw
- F. Deep Hip Throw
- G. Counters:
 - 1. All Four Counters To Shoulder Throw Series
 - 2. Step Up and Step Out Counter To Deep Hip Throw
 - 3. Three Counters to Front Sweep

4. KATA:

- A. Kata Ichi
- B. Tague I
- C. Pinan I
- D. Heian II
- E. Pinan III
- F. Heian IV
- G. Kata Ni
- H. Plural Kata
- I. Nun-Chuck Kata
- J. Staff Kata
- K. Bal Sac So
- L. Pal Sac Da
- M. Blindfolded Kata (One of Instructors Choice)

5. FRONT SIDE AND BACK ATTACKS

50 From Each Direction (Must Incorporate Balance Breaking of Opponent and striking when opponent is unbalanced) and add Finger Takedowns

6. Kumite:

- A. One Black Belt for Two Minutes

B. Two Black Belts on One.....No Striking