

## **2ND DEGREE BROWN**

*approximately 3 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
- E. Knife Escapes: Jab, Overhead and Slash**

#### **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. Chi Kata**
- N. Jion**
- O. Blindfolded Kata (2 of instructors choice)**

#### **5. FRONT SIDE AND BACK ATTACKS**

80 From Each Direction (Must Incorporate Balance Breaking of Opponent)

and striking when opponent is unbalanced) and add Finger Takedowns

**\*\*\* Advanced Front Side and Back Attacks Will Be Used on 1/2 of the attacks**

**6. KUMITE:**

A. Two Black Belts for Two Minutes Each

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

NOTE: If you fail to use defesive Techniques ONLY you FAIL the Promotion!

**7. ADDITIONAL MATERIAL: 50 Hours of Teaching Time**