

Brown Belt Requirements

Student Development: *Modesty*

- Wrapping block
- Outside hook block
- Inside hook block
- Double downward palm block

- Inside elbow into spinning elbow strike
- Inside elbow into spinning back fist strike
- Spear strike into knife, step ridge into spinning knife strike

- Inside into windmill kick
- Jump split kick
- Flying side kick
- Jump turning split kick
- Jump split kick from roll
- Jump front kick from roll
- Double front kick from roll

- Defense from bear hug – over arms
- Defense from bear hug – under arms
- Defense from lunge
- Defense from full-nelson
- Defense from head lock
- Defense from side kick
- Defense from knife

- Principles of leadership