

BROWN TIP

NAME: _____

START DATE : _____ GRADING DATE : _____

MINIMUM 20 REGULAR CLASSES (please get signed at each class)

GREEN BELT + CLASSES

SERVICE: ADULTS CLASSES

SERVICE: CHILDRENS CLASSES

Multiple Defence 7.

- Ready Stance
 1. Outside Left Block, Right hammer fist to groin. Right strike to under chin.
 2. Double overhead hammer. Grab, Right Knee
 3. Throw away – open hands to horse riding stance
 4. Left Step, Left inside block, Right Palm, Left Elbow
 5. Right knee, right low front kick
 6. Over shoulder cross over grab, right turn, pull hands in hard to stomach
 7. Right knee, Right turn, double palm
 8. Double Neck chop, Right Knee
 9. Right hand Lapel grab, left hand open - web
 10. Step forward and take arm in circular motion away.
 11. Two hands on wrist holding partner down.
 12. Right front kick, Left side kick
 13. Right back kick. Step aside.
- Ready Stance

SPARRING CLASSES (Optional refer Note 1)

(Note 1 – Sparring is optional, not compulsory, however highly recommended for preparation for senior belt grade tests)

Self Defence 7.

Refer next page

Ground Defence 6

2. Submissions from GP 1

GRADING REQUIREMENTS

- All boxes signed (optional for sparring)
- Self Defence and Multiple Defence 1 -7
- Ground Defence



Self Defence 7

1. Headlock defence, moving to side.
2. Reverse to standing lock. (Front Kick, Back kick 2nd & 3rd opponent)
3. Take down to top position and submit and stand.
4. Take down to top position, ground defence.

Ground Defence 7: Brown Tip Ground Defence

From the person being attacked perspective.

1. Grab their arm that has got you in the head lock
2. Step behind their legs with extended straight leg
3. Throw them backwards, immediately take top position #3
4. Do not let go of their arm and apply figure four submission
5. They grab arm and bring it up to their chest and bridge you over
6. They choke you
7. You apply cross arm bar
8. You place your foot under their head take top and punch them
9. They bridge you over and are in G.P. 3 above you
10. You go for arm bar again, they attempt to block it
11. You still get them over and apply 2nd arm bar
12. You allow them to come back on top
13. They straight punch, You deflect punch, clasp arm and bridge over
14. As you bridge you go to get G.P.1. They do 1st defence against G.P. 1
15. As they come to take G.P. 2, You defend G.P. 2
16. You go to get G.P. They carry out 2nd Defence G.P. 1
17. Take top (They are face down) Disengage towards their head