

# BROWN BELT

NAME: \_\_\_\_\_

START DATE : \_\_\_\_\_ GRADING DATE : \_\_\_\_\_

**MINIMUM 40 REGULAR CLASSES** (please get signed at each class)


## GREEN BELT + CLASSES


## SERVICE: ADULTS OR CHILDRENS CLASSES


## Multiple Defence 8 (TBC Under development).

- Ready Stance
  1. Push to left chest, left step back, trap hand, right fist to chin, drop right forearm to opponents pushing arm, turn wrist to take opponent to ground, Right strike high to low (Blue Lapel Grab defence 1 – off push)
  2. Second attacker, sleeve pull, strike elbow to forehead or hand to throat, sleeve push away to unbalance, simple throw (Blue Lapel Grab defence 2 – off pull)
  3. Left back kick (unbalanced)
  4. Right rear leg turning kick (regain balance)
  5. Right side kick (balance) step down to reverse fighting stance (right leg forward)
  6. Left rear front kick step down. Hold focus.
- Return to 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.** Refer next page.

## GRADING REQUIREMENTS

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



## Self Defence

1. Single cross wrist to completion.
2. Single wrist. Draw down to kneeling position.
3. Single wrist grab to lifting arm to hand mirror, grab over the top with other wrist, pull hand out, to arm bar.
4. Defence against left push, right haymaker - right middle block, left inside block, right elbow, right front kick, hook opponents right arm, throw into wall, (figure 4 on shoulder) step down on opponents right knee, right knee to head as they go to ground. (turning kick to head, shoulder lock drop to knees, dislocation.
5. Defence against right lapel grab 1 -, grab behind right elbow, right palm, left side kick to hip (or turning kick to groin if opponent is side on), right knee, lapel break out. See Trainer for Grade Variations