

Brown Belt Curriculum

Requirements: 120 hours of level 5 classes and completion of the review required to test. A nominal testing fee is due on test day, check with the front desk for up-to-date pricing.

- I. Punch Combination**
- II. Kicks**
 - A. Front Kick/Round Kick with switching move
 - B. Two front kicks with a switch
 - C. Outside slap kick and front kick with a switch
 - D. Two straight knees with a switch
 - E. Two back kicks with a switch
- III. Kick Defenses**
- IV. Throw/Holds**
 - A. "Machine-Gun Take-Down"
 - B. One arm shoulder throw
 - C. Hip roll
 - D. Sacrifice Throw
- V. Headlock Defenses**
- VI. Full Nelson Defenses**
 - A. Leverage on fingers
 - B. Throw/flip forward
 - C. Sweep
- VII. Knife Defenses**
 - A. Defense vs. Downward Stab
 - B. Defense vs. Straight Stab
 - C. Defense vs. Upward Stab
 - D. Defense vs. Slashing Attacks
- VIII. Defending against an assault armed with a long gun (assault rifle or shotgun)**
- IX. Defending against an assault armed with a handgun**
 - A. Threat from the rear at a distance