

Brown Belt Curriculum

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

I. Punch Combinations

II. Kicks

- A. Front Kick/Round Kick with a Switch
- B. Two Front Kicks with a Switch
- C. Two Straight Knees with a Switch
- D. Two Back Kicks with a Switch

III. Kick Defenses

- A. Defense Against Back Kicks (high, low)

IV. Throw/Holds

- A. Machine Gun Takedown
- B. One Arm Shoulder Throw
- C. Hip Roll
- D. Sacrifice Throw

V. Headlock Defenses

- A. Headlock from Behind (throw)
- B. Side Headlock - Being Spun Inward
- C. Side Headlock - Neck Break

VI. Full Nelson Defenses

- A. Leverage on Finger
- B. Forward Throw
- C. Sweep

VII. Knife Defenses

- A. Defense vs. Downward Stab
- B. Defense vs. Upward Stab
- C. Defense vs. Straight Stab (live side, dead side)
- D. Defense vs. Slashing Attacks (forward, back)

VIII. Long Gun Defenses

- A. From the Front (live side, dead side)
- B. From the Side (touching)
- C. From Behind (touching)

IX. Handgun Defenses

- A. Off Body (all angles)