

Brown Belt Requirements

Requires Purple Belt with 6 stripes; and 8 hours of assistant teaching

Fitness: 35 push-ups, 40 crunches, 15 leg lifts, 30 squats, 3 minutes of horse stance, 5 three-minute rounds on heavy bag (with focus and proper fighting stance), 2 minutes of jump rope

Punches (with power and form): Review jab, cross, hook, uppercut, overhand, palm strike, backfist, hammerfist, elbow strike, flying elbow, spinning elbow, straight blast, Superman Punch, spinning backfist. Combinations presented on the spot to students.

Kicks: Front kick, foot jab, sidekick, roundhouse kick, crescent kick (inside/outside), Thai kick, oblique, skip knee, foot stomps, spinning kicks (side/crescent/hook), jump kicks (front, side, roundhouse, flying) and crab kicks (front, side, roundhouse, crescents). Perform random kicking combinations presented at test.

Takedowns: Forward and backward leg sweep, silat sweeps (all), single leg takedown, double leg takedown, dumog takedowns (performed while moving), behind back hip grab, arm bar, hip throw, belly to belly throw, heel hook, Puter Kapala

Trapping: Trapping moves and combinations on the wooden dummy, multiple trapping with teacher, chi sao

Angles 1-5 hubud drill; dumog drill & lop sao drill, into chi sao; add silat; locks, takedowns & Tai chi

Wing Chun Dummy: 1st 58 moves of 116

Escrima Sticks and weapons: Proper 6 count (siniwali) solo and with a partner; hubud (angle 1 & 2), *sombrada* pattern and *largo mano* pattern. Also show snake and quick release disarms. Show proficiency with nunchucks. Show proper fighting stance in short and long form with quarter staff.

Grappling:

- Effective free grappling skills, sparring round without being submitted, demonstrate submissions from movement
- Rear choke, guillotine, paint brush, arm bar, genie choke, triangle choke, single ankle lock, arm bar from guard, single elbow trap, double elbow trap, knee bar, front sleeper hold, kimura
- Escapes from: arm bar, triangle choke, genie choke, paint brush
- Standing lock flow drill

Sparring:

Round 1: Full sparring with teacher, including takedowns and grappling

Round 2: Teacher with leg pads and boxing gloves will attack student like a kick-boxer. Student can use any techniques possible, including good slipping and interceptions. At least three takedowns must be done during round.

Round 3: Student will spar two other students. Must try and maintain good 2-on-1 fighting position.

Escapes from holds

- Single wrist grab
- Double wrist grab
- Bear hug
- Headlock
- Various Rear Grabs (arms free, arms held, etc.)

Martial Arts Knowledge

- Name 6 styles we draw knowledge from: find their origin countries on a map, name the countries, name the styles we do from those countries
- What is JKD range?
- What is interception and destruction?
- Understand what we do at the school (Must understand the concept of Jeet Kune Do and mixed martial arts and who Dan Inosanto is.)
- Martial Arts background of Mr. TJ
- What are the four ranges of open-handed combat?

NOTE: If you miss a stripe day while waiting to take your belt test you will receive that stripe **IF** you pass your test on the first attempt.