

RANK STUDY GUIDE - BROWN BELT III

At Brown belt you are beginning the journey to black belt in earnest. You have a solid knowledge of the basics, and you raise the bar for the lower ranks. The intensity increases at this rank, so regular practice is a given. The challenge is maintain technique against resisting opponents.



KULA ONA KUPALE

BASICS:

- All Green Belt Basics
- Footwork, Strikes and Slips
- 20 Proper Pushups
- Mitt work with offense and defense
- Crosada/ Gunting
- Hook/Follow
- Stick Off 12 angle/ Defense 1-5
- Knife def.
- Sprawl with counter
- 2 wrist locks
- Choke: RNC & Baseball
- Replacing Guard from Side Control (live)
- Armbar from Guard (live)
- Placement Knife (6)
- Siniwali 1
- Knife angles 1-5 (13 and up)

TECHNIQUES:

- Evading the Lunge
- Breaking the Twig
- Basic Knifehand
- Courtesan's Fan
- Eagle's Talons
- Four Winds
- Shield and Hammer
- Breaking the Foundation
- Parting Wings
- Facing the Tiger
- Twin Tigers
- Thundering Hammers

FORMS:

- Basic H-Pattern
- Shiru Kuma (White Bear)
- Chanyan
- Kempo Jutsu Kata One - Four
- Bunkai (live context)
- Sumbrada (stick)

- Full speed free sparring (no head contact)
- Three beat sparring drills with lateral movement
- Escape Criteria drill
- Multiple Attacker drills