

## RANK STUDY GUIDE - BROWN BELT I

Working through the Brown belt ranks you are preparing for black belt. At this point you are preparing to test. Quality of technique, spirit, and fitness are paramount.



KULA ONA KUPALE

### BASICS:

- All Green Belt Basics
- 26 Proper Pushups
- Mitt work with offense and defense
- Kake-Te
- Weapon Strips
- Stick Off 12 angle/ Defense 1-5
- Knife def./Crosada/ Gunting/Hook/Follow
- Sprawl with counter
- Placement Knife (6)
- Siniwali 1
- Knife angles 1-9
- Replacing Guard from Side Control (live)
- Armbar from Guard (live)
- 2 wrist locks
- Choke: RNC, Baseball, Standing Guillotine
- Scissor Sweep

### TECHNIQUES:

- Evading the Lunge
- Breaking the Twig
- Basic Knifehand
- Courtesan's Fan
- Thundering Hammers
- Shield and Hammer
- Breaking the Foundation
- Triple Kick with Parry
- Facing the Tiger
- Twin Tigers
- Ripping Tigers
- Four Winds
- Eagle's Talons
- Triggered Salute
- Parting Wings
- Dodging the Lance

- Basic H-Pattern
- Shiru Kuma (White Bear)
- Channan
- Kempo Jutsu Kata One - Five
- Bunkai (live context)
- Lohan One
- Sumbrada (stick)
- Shushi no Kon Sho (staff)

### SPARRING:

- Hybrid rules sparring
- Three beat sparring drills with lateral movement
- Escape Criteria drill
- Multiple Attacker drills
- Sweeps and Takedowns