

## RANK STUDY GUIDE - BROWN BELT II

Working through the Brown belt ranks you are preparing for black belt. You have a solid knowledge of the basics, and you raise the bar for the lower ranks. Mind the intensity at this rank, so you will be prepared for black belt testing. The biggest challenge is maintain technique against resisting opponents.



KULA ONA KUPALE

### BASICS:

- All Green Belt Basics
- Footwork, Strikes and Slips
- 22 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, Standing
- 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
- Triggered Salute
- Eagle's Talons
- Four Winds
- Shield and Hammer
- Breaking the Foundation
- Triple Kick with Parry
- Parting Wings
- Facing the Tiger
- Twin Tigers
- Thundering Hammers

### FORMS:

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

### SPARRING:

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