

2nd DEGREE BROWN BELT

(8th promotion: 9th BELT)

TIME PERIOD: Between 3 & 4 yrs

1. TERMINOLOGY & EIGHT BASICS

2. TECHNIQUES

Add finger takedowns, plus all other techniques at this level must be even more perfected.

3. KATA

- A. ICHI KATA , ALL THREE SETS
- B. KATA NI
- C. PLURAL KATA (**Individually** & With a Partner)
- D. NUN-CHUCK KATA
- E. STAFF KATA
- F. OWN KATA- (At this level of promo **30 moves**)
- G. BLINDFOLDED KATA ICHI (**Sets I & II**)
- H. **CHI KATA**

4. JUDO (SHOULD PRACTICE JUDO FROM BOTH SIDES)

- A. ESCAPES: (Should practice on both sides)
 - 1) **ALTERNATE ESCAPE TO BEAR HUG**
 - 2) **ALTERNATE ESCAPE TO FULL NELSON**
 - 3) **ALTERNATE ESCAPE TO HALF NELSON**
- B. SWEEPS (FRONT, INSIDE & INSIDE OUTSIDE)
- C. SHOULDER THROW
- D. DEEP HIP THROW
- E. FRONT HIP THROW
- F. FRONT SHORT HIP THROW
- G. SIDE SHORT HIP THROW
- H. BACK SHORT HIP THROW
- I. COUNTERS:
 - 1. STEP UP & STEP OUT COUNTER TO DEEP HIP THROW
 - 2. ALL COUNTERS TO SHOULDER THROW SERIES
 - 3. THREE COUNTERS TO SWEEP
- J. **KNIFE ESCAPES: Jab, Overhead & Slash**
- K. ESCAPES FROM THE MOUNTED & GUARD POSITION

5. CONTAINMENTS: (At this Level you vary all techniques you have learned along with many different combinations)

80 FROM THE FRONT , SIDE AND BACK ATTACKS.

6. ADDITIONAL MATERIAL: 50 Hours of Teaching Experience.

7. KUMITE: One student for 2 minutes controlled. Then three students at same time defensively only for 2 minutes. NOTE: If you fail to use only defensive techniques & would accidentally throw an offensive technique you could forfeit the entire promotion.