

## BROWN BELT

(6<sup>th</sup> promotion : 7<sup>th</sup> BELT)

TIME PERIOD: 2 to 2 ½ years

1. TERMINOLOGY & EIGHT BASICS
2. TECHNIQUES
3. KATA
  - A. ICHI KATA , ALL THREE SETS
  - B. KATA NI
  - C. PLURAL KATA
  - D. NUN-CHUCK KATA
  - E. STAFF KATA
4. JUDO (SHOULD PRACTICE JUDO FROM BOTH SIDES)
  - A. ESCAPES: (Should practice on both sides)
  - 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. ESCAPES FROM THE MOUNTED & GUARD POSITION
5. CONTAINMENTS: (At this Level you vary all techniques you have learned along with many different combinations,  
30 FROM THE FRONT , SIDE AND BACK ATTACKS.