

BROWN BELT CURRICULUM

Training Period: 6 – 8 Months Minimum Classes: 56
Leadership Teaching Hours: 20
Suggested Equipment: Grappling Gi

KICKS:

DROP KICK	FRONT LEG KICKS
JUMP SPIN CRESCENT KICK	FRONT LEG KICKS
DROP SPIN BACK KICK	BACK LEG KICKS
FIGHTING SPIN HOOK KICK	BACK LEG

KATA ("HYUNG," FORM OR PATTERN):

KWAN GYE	"19TH EMPEROR OF THE KOKORYU DYNASTY"
BASAI	"BREAKING THROUGH THE FORTRESS"

ESCAPES/GRAPPLING: Pressure Points

ONE STEPS:

CLASSICAL - 6 CREATED BY YOURSELF (TAKEDOWN/SUBMISSION)
PRACTICAL - 6 CREATED BY YOURSELF (TAKEDOWN/SUBMISSION)

COMBINATIONS:

JAB/REVERSE PUNCH/HOOK PUNCH/HOOK KICK/SPIN BACK KICK
KNEE UP JAM/COUNTER KICK (ROUND/SIDE/HOOK)

SPARRING: GRAPPLING

BREAKING: 2 TECHNIQUE 2 POWER

LEADERSHIP:

WORK WITH A GROUP OF STUDENTS
TEACH GOLD & ORANGE CURRICULUM
TEACH COMPLIMENTARY TWENTY MINUTE TOUCH-UPS

ALL BELT CURRICULUM IMPROVED

BROWN BELT WRITTEN EXAM

Tests are taken directly before physical exam on test day. If age appropriate, the instructor will ask the questions to the student. Feel free to take notes during class. This test is cumulative from all previous tests and includes the following questions to make a 100 question exam.

FILL IN THE BLANK

1. "The kind of person that people trust, honest & forthright - all you say reveals your inner self," this is the character trait Integrity .
2. Kwan Gye means: 19th Emperor of the Kykoryu Dynasty .
3. Basai means Breaking Through The Fortress .
4. Dan is the name of Black Belt Rank
5. The belt knot is called a Double Square .
6. The Black Belt Cycle of Success is: Know What You Want ,
7. Have A Plan ,
8. Have A Success Coach ,
9. Take Consistent Action ,
10. Review Your Progress ,
11. Renew Your Goals .
12. How long does it take to master a kata 3000 times .
13. In fighting, techniques are thrown Loose, Loose, Snap .
14. In kata, techniques are thrown Loose, Loose, Locked (tight) .
15. Use 3 characteristics to describe Karate:
a) Hard b) Straight-line c) Power
16. Use 3 characteristics to describe Kung fu:
a) Soft b) Circular c) Speed
17. What do the first 3 degrees of Black Belt represent Body .
18. Makee means Block .
19. Churigi means Punch .
20. Chagee means Kick .