

## **Brown Belt 1st, thru 7th Degree Curriculum**

### **Kicks**

Flying Side Kick

Flying Back Kick

Jump 1-2 Snap Kick

Jump 1-2-3 Snap Kick

### **Attacks**

Go over and review all Blocks/Attacks/and Stances

through these 3 level. Start from the beginning Polish them up.

### **Stances**

## **One-Steps (These are stepping forward) (See One Step Sheet)**

Give 2 per belt level which should be a total of 18

### **Knife Self-Defense:**

1. Straight in
2. Gut Up
3. Slash
4. Cross Slash
5. Over The Top

### **Kata's-(2 of your style)**

Give 2 Kata's over all 3 levels

Of Brown Belt 1st, 2nd, and 3rd Degrees

This should be Kata's #12 &13

Also make up a Kata of your own.

(Has to be a minimum of 20 moves)

### **Sparring – (Contact Sparring)**

Start 3 minute rounds with LIGHT contact

3 step sparring

1 step sparring

2 on 1 sparring

### **Self Defense – (Head Lock/Bear Hug/Hair Pull)**

Give students 4 – Head Lock/Bear Hug/ Hair Pull.

On the ground face down, on the ground on your back Self-Defense

Seated on Floor Self-Defense

### **Weapons –Tonfa's**

Start on a Tonfa Kata

### **Go Over one of the Awareness's**

1. Stanger Danger
2. Bully Buster
3. Safety Awareness

### **Stepping Techniques:**

Pick 3 total for each level. When finished with all 7 levels of Brown Belt, should have 36 in all. They all should be stepping forward and backwards.

### **Go over Student Creed**

**Dojo Etiquette** – (Bowing In/Bowing out. If late for class have students ask permission to enter the floor and bow before just walking in on class.) Add on more History and Terminology.