

## **2<sup>nd</sup> DEGREE BROWN BELT REQUIREMENTS**

### **2<sup>nd</sup> Brown I**

**Defense again a right overhead club attack**

- 1. Step drag with your left foot towards 7:30 into a right neutral bow facing 1:30.**
- 1. Execute a right outward block and trap your assailant's arm.**
- 2. Step forward with your left leg into a left neutral bow facing 1:30.**
- 2. Apply pressure to the back of your assailant's wrist with your left into an armbar.**
- 3. Execute a right snap kick to your assailant's body.**
- 4. Drop your left hand down to your assailant's hand and apply a come along hold.**
- 4. Remove the weapon from your assailant's grasp.**

### **2<sup>nd</sup> Brown II**

**Defense against a right overhead club attack**

- 1. Step drag with your left foot towards 7:30 into a right neutral bow facing 1:30.**
- 1. Execute a right outward block and trap your assailant's arm.**
- 2. Shuffle forward remaining in your right neutral bow.**
- 2. Chop your assailant's elbow down with your left to bend his arm back.**
- 3. Push up on your assailant's elbow with your left hand.**
- 3. Push forward on your assailant's wrist with your right hand.**
- 3. Shuffle into your assailant to force him to the ground with a chicken wing throw.**

### **2<sup>nd</sup> Brown III**

**Defense against a right overhead club attack**

- 1. Step drag with your left foot towards 7:30 into a right neutral bow facing 1:30.**
- 1. Execute a right outward block and trap your assailant's arm.**
- 2. Shuffle forward remaining in your right neutral bow.**
- 2. Chop your assailant's elbow down with your left to bend his arm back.**
- 3. Grab your assailant's shoulder with your left.**
- 3. Pull your assailant into a right knee to the mid section**
- 4. Plant your right foot forward into a right neutral bow.**
- 4. Push your assailant to the ground with a chicken wing throw.**

### **2<sup>nd</sup> Brown IV**

**Defense against a right knife backhand slash (angle 2)**

- 1. Step your left leg forward in to a left neutral bow.**
- 1. Execute a right outside block and trap your assailant's arm.**
- 1. Grab your assailant's left shoulder with your left hand.**
- 2. Pivot to face 3:00 into a horse stance so that your assailant's back is towards you.**
- 3. Apply a rear naked choke.**
- 4. Execute a left kick to the back of your assailant's knee to take him to the ground.**

## **2<sup>nd</sup> Brown V**

**Defense again a right knife backhand slash (angle 2)**

- 1. Step your left leg forward in to a left neutral bow.**
- 1. Execute a right outside block and trap your assailant's arm.**
- 2. Pivot to face 3:00 in a right neutral bow.**
- 3. Step forward into a left neutral bow facing 3:00**
- 3. Execute a forearm strike to your assailant's elbow with your left.**
- 4. Execute a right Snap kick to your assailant's body.**
- 5. Plant your right foot back into a left neutral bow.**
- 5. Drop your left hand down to your assailant's hand and apply a come along hold.**
- 6. Strip the knife from your assailant's hand to finish.**

## **2<sup>nd</sup> Brown VI**

**Defense again a right knife backhand slash (angle 2)**

- 1. Step your left leg forward in to a left neutral bow.**
- 1. Execute a right outside block and trap your assailant's arm.**
- 2. Pivot to face 3:00 in a right neutral bow.**
- 2. Grab your assailant's wrist with your left hand so that it's held in both of your hands.**
- 3. Spin underneath the arm to apply a wrist activated armbar.**
- 4. Execute a right kick to your assailant's face.**
- 5. Disarm the knife to finish.**

## **2<sup>nd</sup> Degree Brown Belt VII**

**Defense again a right overhead stab with a knife (Angle 8, reverse grip)**

- 1. Step with your right foot into a right neutral bow.**
- 1. Execute a left outward block.**
- 2. Step your right foot across your body into a right twist stance.**
- 3. Unwind to face 6:00 in a horse stance.**
- 3. Toss your assailant over your shoulder with a shoulder throw.**

## **2<sup>nd</sup> Degree Brown Belt VIII**

**Defense again a stabbing attack with a knife (angle 5)**

- 1. Step your left leg back in to a right neutral bow.**
- 1. Execute a right downward block and trap your assailant's arm.**
- 2. Grab your assailant's wrist with your left hand so that it's held in both of your hands.**
- 3. Spin underneath the arm to apply a wrist activated armbar.**
- 4. Execute a right kick to your assailant's face.**
- 5. Disarm the knife to finish.**