

## **3<sup>rd</sup> DEGREE BROWN BELT REQUIREMENTS**

### **3<sup>rd</sup> Brown I**

**Defense against a right grab to your left wrist**

- 1. Grab your assailant's grabbing arm with your right hand.**
- 2. Peel the arm off and apply a wrist activated armbar/come along hold.**
- 3. Step forward with your left foot into a left neutral bow.**
- 3. Execute a left elbow strike to your assailant's ribs.**
- 4. Execute a left elbow strike to your assailant's face.**
- 4. Apply pressure to the back of your assailant's arm with your left forearm.**
- 5. Step your left foot towards 3:00 into a left neutral bow facing 3:00**
- 5. Force your assailant to the ground.**
- 6. Execute a right downward punch to your assailant's temple.**

### **3<sup>rd</sup> Brown II**

**Defense against a left hand shoulder grab to your right shoulder**

- 1. Step in with your right foot into a horse stance facing 9:00**
- 1. Loop your right arm around your assailant's grabbing arm.**
- 2. Execute a left punch across your body to your assailant's face.**
- 3. Pull with your upper body to force your assailant over your right leg.**

### **3<sup>rd</sup> Brown III**

**Defense against a left hand shoulder grab to your right shoulder**

- 1. Step back with your left foot into a Right Neutral bow.**
- 1. Grab your assailant's hand with your left across your body.**
- 1. Execute a right elbow strike on top of your assailant's arm to pull him in towards you.**
- 2. Grab your assailant's left shoulder with your right hand.**
- 3. Pull with your right hand across your body to turn your assailant's back to you.**
- 3. Loop your left arm around your assailant's neck and apply a rear naked choke to finish.**

### **3<sup>rd</sup> Brown IV**

**Defense against left hand shoulder grab to your right shoulder followed by a right hook punch**

- 1. Step back with your left foot into a right neutral bow.**
- 1. Execute a right outward block**
- 1. Trap your assailant's right wrist with your right hand.**
- 2. Pull your assailant's right wrist toward you.**
- 2. Grab your assailant's left shoulder with your left hand and pull so that his back is facing you.**
- 3. Loop your left arm around your assailant's neck and apply a rear naked choke to finish.**

### **3<sup>rd</sup> Brown V**

**Defense against a two handed choke from behind.**

- 1. Step back with your right foot into a horse stance facing 3:00.**
- 1. Execute a right outward block.**
- 2. Step across your right foot with your left into a twist stance facing 3:00.**
- 3. Pivot clockwise so that you are facing 9:00 in a horse stance.**
- 3. Grab your assailant's left shoulder with your left hand and pull him so that his back is facing you.**
- 4. Loop your left arm around your assailant's neck and apply a rear naked choke to finish.**

### **3<sup>rd</sup> Brown VI**

**Defense against a two handed on rushing push**

- 1. Step back with your left foot into a right neutral bow.**
- 1. Come in between the outstretched arms with a cross block.**
- 2. Follow with a left back fist to the right side of your assailant's face**
- 3. Grab your assailant's left shoulder with your right hand**
- 3. Spin them around to apply a rear naked choke.**

### **3<sup>rd</sup> Brown VII**

**Defense against an overhead Club attack**

- 1. Step forward with your left foot into a left neutral bow.**
- 1. Execute an upward cross block with your right on top.**
- 2. Bring the arm to the inside and spin 360 degrees underneath the arm.**
- 3. Take away the weapon with your right hand.**
- 3. Execute a low strike to your assailant's knee with the weapon.**
- 4. Finish with a strike to your assailant's face with the weapon.**

### **3<sup>rd</sup> Brown VIII**

**Defense against a right snap kick**

- 1. Step back with your right foot into a left neutral bow.**
- 1. Execute a lower cross block with your right on top and trap your assailant's foot.**
- 2. Grab your assailant's heel with your left hand.**
- 2. Grab your assailant's toes with your right hand.**
- 3. Twist your assailant's ankle to spin your assailant around.**
- 4. Execute a right snap kick to your assailant's supporting leg.**
- 4. Push your assailant's foot forward to force him to the ground.**
- 5. Follow up with a right punch to finish.**

### **3<sup>rd</sup> Brown IX**

**Defense against a right snap kick**

- 1. Step back with your right foot into a right neutral bow.**
  - 1. Execute a right inward low block.**
  - 1. Execute a left outward low block.**
- Addition (Thrusting Salute)**
- 2. Execute a right snap kick to your assailant's groin.**
  - 2. Follow with a right palm heel strike to your assailant's chin to finish.**

### **3<sup>rd</sup> Brown X**

**Defense against a right roundhouse kick**

- 1. Raise your left leg to catch your assailant's kick on your shin to block**