

BROWN BELT CURRICULUM

I. Punches

- A. Left Jab—Overhead Right Punch in Combination

II. Kicks

- A. Front Kick / Round Kick with Switching Move
- B. Two Front Kicks with a Switch
- C. Outside Slap Kick and Front Kick with a Switch
- D. Two Straight Knees with a Switch
- E. Two Back Kicks with a Switch

III. Kick Defenses

- A. Defense against Back Kicks

IV. Throws/ Holds

- A. "Machine-Gun Take-Down"
- B. One Arm Shoulder Throw
- C. Hip Roll
- D. Face to Face with Partner– Falling Back– One Foot at Their Waist and Throw Over Your Head

V. Headlock Defenses

- A. Throwing Defenses against Headlock from Behind (attacker jumping on defender)
- B. Defense against Headlock While Being Spun Inwards
- C. Defense against Side Headlock with Pressure Lifting Chin and Weight Being Put Down on Neck

VI. Full Nelson Defenses

- A. Release Using Leverage on Fingers
- B. Release Using Throw / Flip Forward
- C. Release Using Sweep

Brown Belt Curriculum Continued...

VII. Defending Against An Assailant Armed With An Edged Weapon

- A. Hand Defense vs. Straight Stab (dead side)
- B. Hand Defense vs. Straight Stab (live side)
- C. Hand Defense vs. Upward Stab (dead side)
- D. Hand Defense vs. Upward Stab (live side)
- E. Hand Defense vs. Regular Stab
- F. Hand Defenses vs. Various Slashing Attacks

VIII. Defending Against An Assailant Armed With A Blunt Object

- A. Defending Long Stick or Bayonet in Stabbing Attack (dead side)
- B. Defending Long Stick or Bayonet in Stabbing Attack (live side)

XI. Armed Assailant– Short/ Long Rifle

- A. Threat from the Front with Multiple Heights and Distances—defending to the live side
- B. Threat from the Front with Multiple Heights and Distances—defending to the dead side
- C. Threat from the Front with Multiple Heights and Distances—defending to the dead side “machine-gun take-down”
- D. Rifle to the Side with Multiple Heights and Distances - defending to the live side
- E. Rifle to the Side with Multiple Heights and Distances - defending to the dead side
- F. Rifle to the Side with Multiple Heights and Distances - defending to the dead side “machine-gun take-down”

X. Defending Against An Assailant Armed With a Handgun

- A. Defending against Threat from the Rear at a Distance
- B. Basic Defenses (Front, Side, Rear) When Gun is Held Off-Center and/or with Two Ha