

2nd Degree Brown Belt Curriculum

Hand Techniques:

Throat strike (Koreyo style) _____ Ear slap (cup hand) _____

Leg Techniques:

Fast kick (high range) _____ Step hook kick-round kick _____

Combos:

Olympic style: Hujin-double kick _____ Round kick/ spin kick _____

Double kick/nautobaun/spin _____ Fast kick/ spin kick _____

Self defense:(r)round hook/ cross/ lead round kick _____

Grappling:

Four arm chock _____ Leg submission _____ Arm bar out of guard _____ Arm across neck chock _____

Poomse: Koryo _____

Punching Defense:

1 _____ Grade: _____

2 _____ Grade: _____

Self Defense:

1 _____ Grade: _____

2 _____ Grade: _____

Blocking:

Live round while striking targets _____

Terminology/Philosophy

- 1) Well known Striking styles: Karate (Japan), Kung Fu (China), Mui Thai Kick Boxing (Thailand), Boxing (western), Savot (France), Taekwondo (Korea) _____
- 2) Well known Grappling styles: Judo (Japan), Sambo (Russia), and Wrestling (western), Jujitsu (Japan) _____
- 3) Progressive Styles: Come from a conglomerate of striking and grappling styles. _____
i.e.: Brazilian Jujitsu (Brazil) Jeet Kune do (USA) Shoot fighting (Japan) _____
- 4) 4th range of distance? (Throwing & grappling) _____
- 5) Success principle #7: Always sharpen the blade. _____

Physical requirements:

Push ups _____ per 30 sec. _____

Crunches: _____ per 30 sec. _____

Hold feet up: _____ 30 sec. _____

Leg ups: _____ per 30 sec. _____

Slow front kick:

Right _____ per 30 sec. _____

Left _____ per 30 sec. _____

Hopping in guarding stance 1 min or best time _____

Non-stop alternating front kicks in place. (30 sec.) _____

Speed kick motion Right leg 30 sec. _____

Left leg 30 sec. _____

Hujin two 2 minute rounds _____

Three 1 ½ minute rounds on bag _____