



A black belt is a white belt who never quit.

2nd kyū BROWN Belt Curriculum

Your 2nd kyū BROWN curriculum will take approximately 6 months or 48 classes.

2nd kyū BROWN Belt Techniques

- 1) All WHITE Belt Techniques**
- 2) All YELLOW Belt Techniques**
- 3) All ORANGE Belt Techniques**
- 4) All PURPLE Belt Techniques**
- 5) All BLUE Belt Techniques**
- 6) All GREEN Belt Techniques**
- 7) All 3rd kyū BROWN Belt Techniques**

8) Hammerlock

Attacker – Right hammerlock.

Defender

- Right counter grab.
- Step back with left foot into fighting stance as left elbow to face.
- Step forward with left foot.
- Step around and back with right foot as you counter grab arm and apply an arm bar with the left palm.
- Right front kick to stomach.
- Guard.

9) Circling Elbows

Attacker – Bear hug from behind, arms free.

Defender

- Step to right into horse stance as you circle your elbows down, breaking hold.
- Left “C” step.
- Left uppercut elbow into right hammer fist taking attacker down.
- Guard.

10) Breaking the Cross

Attacker – Rear two hand choke.

Defender

- Grab attacker’s wrists.
- Step to left with left foot landing into horse stance and break attacker’s thumbs.

- Step around with right foot as you twist attacker's arms.
- Right knee to elbows.
- Right front kick to stomach.
- Right elbow to head.
- Guard.

11) Spreading the Leaves

Attacker – Full Nelson, bent over.

Defender

- Step forward with left foot into fighting stance.
- Right elbow to head.
- Turn and left elbow to head.
- Turn and right elbow to head.
- Right back kick to stomach.
- Guard.

12) Interlock (Wings of Silk)

Attacker – Rear interlocked arm grab.

Defender

- Left thumb poke to nerve.
- Right claw to groin.
- Left stomp to foot.
- Right scoop kick as right uppercut elbow.
- Step to the left with right foot.
- Left counter grabs arm.
- Left foot steps around into square horse stance.
- Right uppercut break to arm.
- Guard.

2nd kyū BROWN Belt Katas

- 1) All WHITE Belt Katas
- 2) All YELLOW Belt Katas
- 3) All ORANGE Belt Katas
- 4) All PURPLE Belt Katas
- 5) All BLUE Belt Katas
- 6) All GREEN Belt Katas
- 7) All 3rd kyū BROWN Belt Katas

8) AmeriKick 6

- Start from X block position.
- Step back with left foot into twist stance as left outward blocks with tension.
- Step forward with left foot into forward bow stance as left chop followed by right reverse punch.
- Right twist kick landing forward into right jump front kick.

- Land facing 6 o'clock into fighting stance.
- Left chop followed by right reverse punch into forward bow stance into a left downward block switching into a horse stance.
- Right spinning hook kick into a right jump spinning hook kick landing into horse stance facing 6 o'clock.
- Right reverse punch as left high palm block in a forward bow stance.
- Left shuffle front kick to 6 o'clock into a right round house kick to 6 o'clock into a right tornado kick to 6 o'clock landing into a forward bow stance and right reverse punch facing 6 o'clock.
- Step up with your right foot so your feet are together as right outward block high and your left downward block facing 12 o'clock.
- Step with left foot into forward bow as left hand chops.
- Right reverse punch.
- Left reverse punch as you switch step landing your right leg forward and left leg back.
- Right inverted chop as you spin around counter-clockwise facing 12 o'clock.
- Left chop, right punch landing in a forward bow stance.
- Slide left leg back as left high chops.
- Left switch step axe kick into split kick.
- Right punch turning into a left side bow facing 12 o'clock.
- Drop onto your left knee with a left side punch and right overhead palm.
- Bow.
- AmeriKick team salute.

2nd kyū BROWN Belt Basics

- 1) All WHITE Belt Basics**
- 2) All YELLOW Belt Basis**
- 3) All ORANGE Belt Basics**
- 4) All PURPLE Belt Basics**
- 5) All BLUE Belt Basics**
- 6) All GREEN Belt Basics**
- 7) All 3rd kyū BROWN Belt Basics**
- 8) Falcon Kick**
- 9) Split Kick**
- 10) Twist Kick**
- 11) Sparring Basics (jab, cross, hook and upper cut)**
- 12) Jump Spin Hook Kick**
- 13) Jump Spin Crescent Kick**
- 14) Front Fall**
- 15) Back Fall**
- 16) 35 Push-ups**
- 17) 25 Full Sit-ups or 50 Crunches**
- 18) 5 Rounds of Sparring**

Advanced Student Creed

As a dedicated martial artist, I intend to develop myself in a positive manner and never do anything that will hinder my mental or physical growth. I intend to develop my self-discipline in order to bring out the best in myself and others. I intend to use what I have learned in class constructively and defensively and never be abusive or offensive.