



**A black belt is a white belt who never quit.**

### **3<sup>rd</sup> kyū BROWN Belt Curriculum**

Your 3<sup>rd</sup> kyū BROWN curriculum will take approximately 6 months or 48 classes.

### **3<sup>rd</sup> 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) Blocking the Kick**

Attacker – Front kick.

Defender

- Step back into fighting stance as left downward block to kick.
- Right front kick advancing.
- Right palm to the attacker's face.
- Guard.

#### **8) Japanese Strangle Hold**

Attacker – Strangle hold.

Defender

- Step to right side into horse stance as right counter grab to hold.
- Left elbow to solar plexus.
- Left hammer fist to groin.
- Left uppercut elbow to jaw.
- Guard.

#### **9) Bowing to Buddha**

Attacker - Knee while on the ground.

Defender

- While on knee, right forearm block to knee as left cover hand is up.
- Sweep to the side.
- Right hammer fist to groin.
- Turn and right drop kick to the attacker.

- Roll-out.
- Guard.

### **10) Headlock**

Attacker – Side headlock.

Defender

- Step around with right foot into horse stance as double hammer fist.
- Grab hair with left hand.
- Pull back of head.
- Right palm to jaw.
- Guard.

### **11) Heel Hook**

Attacker – Full Nelson.

Defender

- Slam arms down to break hold as right heel kick to attacker's left knee.
- Right side kick to other knee.
- Right shin scrape into right heel stop to instep.
- Guard.

## **3<sup>rd</sup> 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) AmeriKick 5**

- Step forward with the left foot as left chops followed by a right drop punch (towards the ground) dropping onto the right knee.
- Step back with right leg into reverse bow stance as left high chop.
- Turn into forward bow stance as right high reverse punch.
- Right downward chop.
- Right front kick.
- Right shuffle front kick landing into a left twist stance with double downward blocks.
- Turn around to 3 o'clock into a bow stance as left chop.
- Right reverse punch.
- Step up with foot as right high chop.
- Step out with right foot into bow stance as left reverse punch.
- Right shuffle wheel kick.
- Land into a horse stance with double downward blocks.
- Turn into a bow stance facing 9 o'clock as left chop.
- Right reverse punch.

- Step up with right foot as right high chop.
- Step out with right foot into bow stance as left reverse punch.
- Left round house kick landing into a horse stance with double downward blocks facing 12 o'clock.
- Turn facing 6 o'clock bringing the right foot back to the left foot, with feet together, as right high chop.
- Right side kick landing into sparring stance facing 6 o'clock.
- Step back with the right foot into a natural stance as double palms strike out to the sides. Circle hands up with slow tension into a triangle.
- Step out with the left foot to 6 o'clock as left chop and right side punch with left low palm.
- Right front kick into right jumping front kick, land into a sparring stance facing 12 o'clock with double side punches toward 12 o'clock.
- Right leg rear axe kick advancing into a right jump spinning crescent landing into a sparring stance, left leg forward and left inward block.
- Turn into a forward bow stance as left high block and right reverse punch.
- Stand up into X block position.
- Bow.
- AmeriKick team salute.

### **3<sup>rd</sup> 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) Ridge Hand, front hand and rear hand**
- 8) Tornado Kick**
- 9) Jump Spinning Back Kick**
- 10) Whip Kick**
- 11) Axe Kick, front leg and rear leg**
- 12) Round House Tornado Kick**
- 13) Front Roll**
- 14) Spinning Hook Kick**
- 15) 20 Push-ups**
- 16) 20 Full Sit-ups or 40 Crunches**
- 17) 3 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.