



1st Kyu – Brown Belt Course

Techniques

Two Man	1. Falcons of Force	Left & Right Shoulder Grab
	2. Reprimanding the Bears	Right Punch and Rear Bear Hug
	3. The Bear & the Ram	Right Punch and Rear Bear Hug
	4. Marriage of the Rams	Right & Left Shoulder Grabs
Chokes	5. Destructive Twins	Front Two Hand Choke
	6. Cross of Destruction	Rear Two Hand Choke
	7. Blinding Sacrifice	Front Two Hand Choke or Grab
Grabs:	8. Dominating Circles	Right Shoulder Grab from side
	9. Glancing Spear	Front direct wrist grab
	10. Gripping Talon	Right wrist grab
	11. Desperate Falcons	Double wrist grab
	12. Darting Mace	Two handed single wrist grab
Pushes:	13. Gift of Deception	Right Kick
	14. Parting Wings	Front two-handed push
	15. Thrusting Wedge	Front two-handed push
Locks:	16. Repeated Devastation	Attempted Nelson

Sets

Hand Set
Foot Set
Blocking Set
Elbow Set
Punch Set
Finger Set

Forms

Short Form One
(Blocking Form) (R & L)
Form One
Form Two
Form Three
Form Four (Kick Form)
Form Five

Basics

As per Basics Sheet

Sparring

Free Style Sparring Sequences A to S

Combinations

Techniques against Right Punch using any four weapons from the hand and foot sets.