

# BROWN & RED BELT CURRICULUM

Previously learned skills				
Blocks	Punches	Kicks	Kata	Self-defense
<i>Rising</i>	<i>High</i>	<i>Knee</i>	1	<i>Bridge</i>
<i>Side</i>	<i>Middle</i>	<i>Snap</i>	2	<i>Break</i>
<i>X-hand</i>	<i>Low</i>	<i>Push</i>	3	<i>Elbow strike</i>
<i>high palm</i>	<i>Upper cut</i>	<i>Crescent</i>	4	<i>Arm behind back</i>
<i>middle palm</i>	<i>Hammer fist</i>	<i>Axe</i>	5	<i>Hugs</i>
<i>low palm</i>	<i>Side elbow</i>	<i>Chicken</i>	6	<i>Dragons</i>
<i>Scooping</i>	<i>Back elbow</i>	<i>Stomping</i>	7	<i>Arms</i>
<i>Sweeping</i>	<i>downward elbow</i>	<i>Roundhouse Knee</i>	8	<i>Butterflies</i>
<i>Dropping</i>	<i>masking elbow</i>	<i>Roundhouse</i>		<i>Kicks</i>
<i>Drifting</i>	<i>rising elbow</i>	<i>Side thrust</i>		<i>Core 4</i>
<i>Star</i>	<i>twisting elbow</i>	<i>Step though side thrust</i>		<i>Headlocks</i>
<i>Short form blocks</i>	<i>1-2 combo</i>	<i>Jump snap</i>		<i>Weapons defense</i>
<i>rolling palm</i>	<i>Spinning backfist</i>	<i>Spin roundhouse</i>		
<i>open hand</i>		<i>Spinning reverse crescent</i>		
<i>spear</i>		<i>Turning back kick</i>		
<i>knife</i>		<i>Fan Kick</i>		
<i>ridge</i>		<i>Driving knee kick</i>		

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New Skills added				
Kicks	Concepts	Self-defense	Kata	
Wave	History of Martial arts	Pressure points	9	
	Bunkai	top mount	10	
		tackle		
		full nelson		
		knife		

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