

3rd Brown Belt Requirements

Techniques

Glancing Spear
Thrust into Darkness
Circling Fans
Rotating Destruction
Falcons of Force
Bear and the Ram
Raining Lance
Leap of Death
Protecting Fans
Deceptive Panther
Courting the Tiger
Gathering the Snakes
Glancing Lance
Dominating Circles
Destructive Fans
Unfurling Crane
Grasping Eagles
Parting of the Snakes
Thrusting Lance
Blinding Sacrifice
Snakes of Wisdom
Entwined Lance
Falling Falcon

Anatomy

Muscles of Head and Neck

Principles

| | |
|------------------------|---------------------------|
| Superconscious Stage | Four Stages of Range |
| Active Chi | Dead Motion Principle |
| Analogy of Tea Kettle | Deceptive Timing |
| Articulation of Motion | Defensive Persuasion |
| Body Communication | Engineer of Motion |
| Body Harmony | Equation Formula |
| Broken Rhythm | Water in the Martial Arts |

Forms

Long 3

Jui-Jitsu

Left-Handed Throw
Face Attack
Multiple Strike Belt Throw
w/Forearm Roll Choke

Fitness

40 Push-ups
40 Sit-ups
40 Squats
40 Leg Lifts

Ground Work

Basics of Ground Sparring
Choke Holds

Meditation

Blindfold (Colors)

“Knowledge dies when it is kept and lives when it is shared.” –Ed Parker

“An ounce of logic can be worth more than a ton of tradition that has become obsolete through the weathering of time.” -Ed Parker

“Traditionalists often study what is taught, not what there is to create.” –Ed Parker

Therapeutic Parallels/Assignments

Assignment- The superconscious stage is the highest level of the spontaneous stage. It is when the conscious and subconscious mind are in complete harmony and allows us to perform beyond our limits to our true potential. Complete the assignment on this topic to be turned in before or at your next belt test.

Assignment- Water has many parallels to martial arts. Study the qualities and states of water. Write a 2-3 page paper on water, how it can enhance your martial art skills, and how it can be used to enhance the flow, balance, and satisfaction of your life.

