

2nd Brown Belt Requirements

Techniques

Fatal Cross
Twirling Hammers
Defensive Cross
Dance of Darkness
Marriage of the Rams
The Ram and the Eagle
Escape from the Storm
Bowling to Buddha
Reversing Circles
Reprimanding the Bears
Circling the Storm
Unfolding the Dark
Unwinding Pendulum
Piercing Lance
Escape from Darkness
Entwined Maces
Fatal Deviation
Capturing the Rod
Broken Rod
Defying the Rod
Twisted Rod
Floating Drop Throw

Principles

Angular Versatility
Balance Compensation
Family Related Moves
Types/How to Increase Speed
Power
Responsibility
Honor
Story (2 Monks)

Sayings

“We can see through others only when we can see through ourselves.” –Bruce Lee

“A struggle of any nature can never be settled satisfactorily until the absolute fact is touched. Where neither opponent can affect the other. Not neutrality, not indifference, but TRANSCENDENCE is the thing needed.” –Bruce Lee

Forms

Raging Storms

Sets

Stick Striking Sets

Anatomy

Muscles of Arms and Torso

Fitness

45 Push-ups
45 Sit-ups
45 Squats
45 Leg Lifts

Meditation

Blindfold (Random Objects)

THERAPEUTIC ASSIGNMENTS/PARALLELS

Assignment- Hand write or type at least a 1 page paper on what it means to be responsible, how you have improved in being responsible, and how you can continue to improve in this area.

Assignment – Hand write or type at least a 1 page paper on what the word “honor” means and how you can honor the art, your instructors, your family, and yourself.

Assignment- The story of the 2 Monks focuses on leaving the past where it belongs, in the past, in order to focus on the present and proceed to the future. Complete the assignment on this topic to be turned in before or at your next test.

