

1st Brown Belt Requirements

Techniques (Extensions)

Clutching Feathers
Triggered Salute
Dance of Death
Thrusting Salute
Gift of Destruction
Locking Horns
Lone Kimono
Glancing Salute
Five Swords
Buckling Branch
Scrapping Hoof
Grip of Death
Crossing Talon
Reversing Mace
Shielding Hammer

Fitness

50 Push-ups
50 Sit-ups
50 Squats
50 Leg Lifts

Principles

Courage
Respect
Mind, Body, Spirit Triangle
Martial Art Animals
Comparative Analysis

Sayings

“To put the heart of the martial arts in our own heart and have it be a part of you means total comprehension and the use of a free style” -Bruce Lee

“Effort within the mind further limits the mind, because effort implies struggle towards a goal and when you have a goal, a purpose, an end in view, you have placed a limitation on the mind” -Bruce Lee

Forms

Long 4

Sets

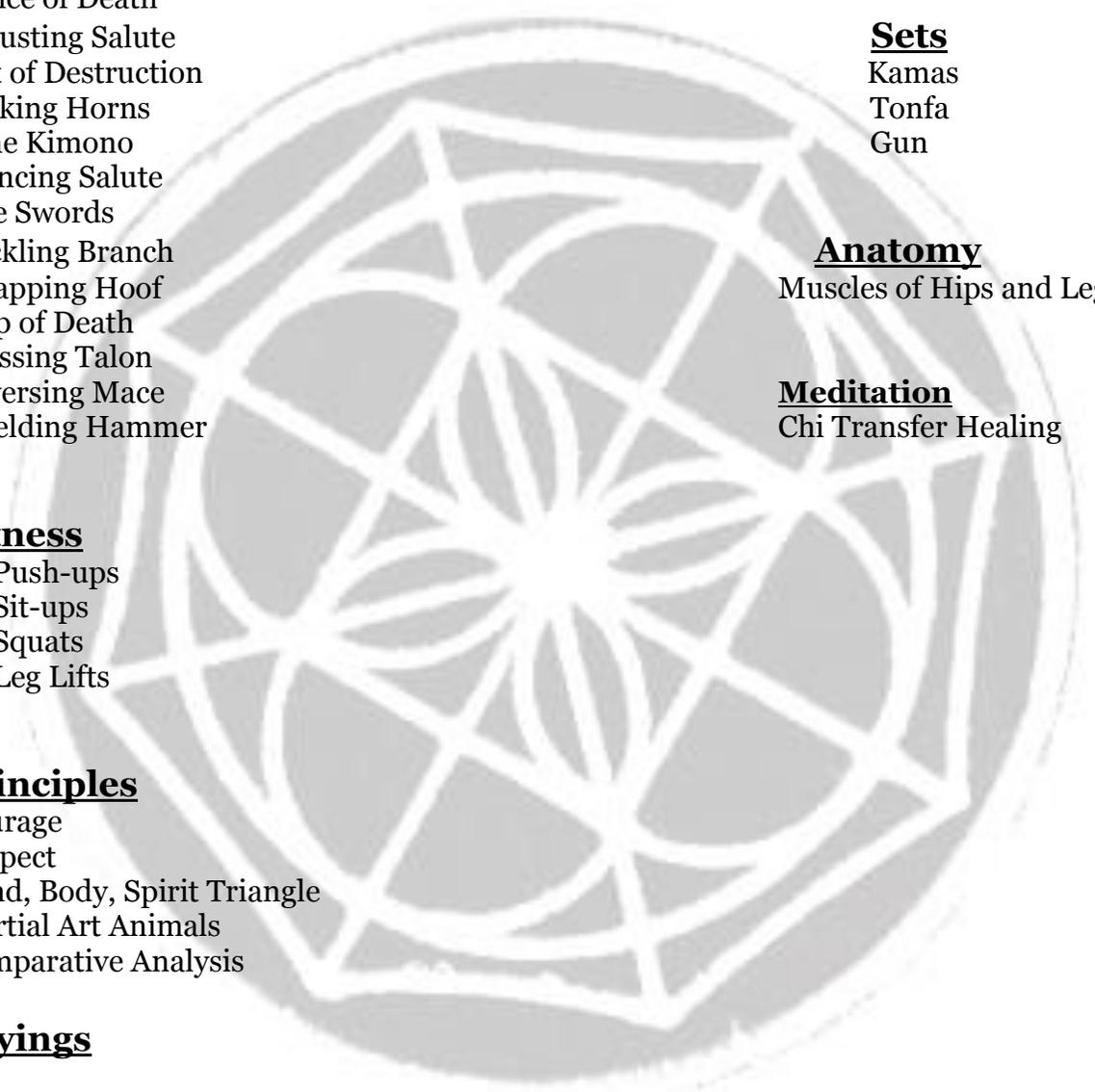
Kamas
Tonfa
Gun

Anatomy

Muscles of Hips and Legs

Meditation

Chi Transfer Healing



THERAPEUTIC ASSIGNMENTS/PARALLELS

Assignment- The Mind, Body, Spirit Triangle represents respect for oneself through the balance of these three areas. Complete the assignment on this topic to be turned in before or at your next belt test.

Assignment- Write or type at least a 2 page paper on courage and respect. This should include the following

1. What does it mean to have courage:
2. How have you demonstrated courage in your own life?
3. How can you continue to have courage as you move forward in life?
4. What does the word "respect" mean to you?
5. How can you improve your respect for others, yourself, and the world?

Assignment- You are now preparing to earn the sacred honor of Black Belt and becoming, hopefully, a new person leaving the past behind you. A black belt is not just something you wear. A black belt is something you are. Complete the assignment on this topic to be turned in before or at your next belt test.

