

2nd Degree Brown Belt Requirements

TECHNIQUES

Gift of Destiny (*handshake with right hand*)

Glancing Lance (*right hand knife thrust towards chest*)

Securing the Storm (*right hand club attack from side*)

Encounter with Danger (*two hand push to ground*)

Thrust into Darkness (*right hand punch from left flank*)

Defying the Storm (*right hand club attack*)

Prance of the Tiger (*right hand step through punch from left flank*)

Bear and the Ram (*two men - front right hand punch and rear bear hug under arms*)

Courting the Tiger (*two men - left hand on right shoulder with right hand on right wrist+right hand on left shoulder with left hand on left wrist*)

FORMS AND SETS

½ Raging Storms

ANATOMY

Muscles of Arms and Torso

TERMS AND PRINCIPLES

Angular Versatility

Balance Compensation

Family Related Moves

Superconscious Stage

Body Communication

Engineer of Motion

Water in the Martial Arts

Web of Knowledge

MEDITATION

Blindfold (Random Objects)

FITNESS (Daily)

40 Push-ups

50 Sit-ups

40 Squats

SAYINGS

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

“Maturity is the realization of what lies in our innermost selves.” –Bruce Lee

“The intelligent man is one who has successfully fulfilled many accomplishments, and is yet willing to learn more.” –Ed Parker

THERAPUETIC ASSSIGNMENTS/PARALLELS

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.

