

3rd Degree Brown Belt Requirements

TECHNIQUES

Falcons of Force (*two men - left hand on right shoulder+right hand on left shoulder*)
Escape from Darkness (*left hand punch from right flank*)
Gathering the Snakes (*two men - left hand punch+right hand punch from 6:00*)
Clipping the Storm (*right hand jab to stomach with club*)
Parting of the Snakes (*two men - right roundhouse punch+rear left hand on right shoulder*)
Brushing the Storm (*left hand downward club attack*)

JUI-JITSU

Left-Handed Throw (*knife to stomach with left hand with right hand direct lapel grab*)
Face Attack (*knife to throat with left hand and right hand direct lapel grab*)
Multiple Strike Belt Throw w/Forearm Roll Choke (*right punch*)

FORMS

Short 3

GROUND WORK

Basic of Ground Sparring, Choke Holds

ANATOMY

Muscles of Head, Neck, Chest

FITNESS

30 Push-ups

35 Sit-ups

30 Squats

TERMS AND PRINCIPLES

Zen

Active Chi

Analogy of Tea Kettle

Articulation of Motion

Four Stages of Range

Dead Motion Principle

Deceptive Timing

Equation Formula

Transitional Moves

Body Harmony

Defense Persuasion

MEDITATION

Blindfold (Colors)

SAYINGS

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

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

“Be empty; have no style of form for the opponent to work on.”

THERAPEUTIC ASSIGNMENTS/PARALLELS

Assignment- Zen is not an intellectual discipline you can learn from books. Instead, it's a practice of studying mind and seeing into one's nature. Ultimately, Zen is about coming face-to-face with yourself, in a very direct and intimate way. This assignment will come in multiple parts. This is the first part, or step. Your assignment is to write or type at least a 2-3 page research paper on Zen. Include some history on Zen, key figures, language that may associated with Zen, practices, teachings, modern influence, etc. This assignment can be turned in before or at your next belt test.

** (Start this one early so you can get some feedback on your paper from others. I do expect it to be legible, with correct grammar, and spelling).

Assignment - Transitional moves help you to smoothly go from one move to the other, in other words, to smoothly transition between changes. Change is a part of life. Complete the assignment on this topic to be turned in before or at your next test.

