

1st Degree Brown Belt Requirements

TECHNIQUES

Twirling Hammers (*right hand step through punch*)
Thrusting Lance (*right hand knife thrust to stomach*)
Circling the Storm (*right hand jab to stomach with club*)
Raining Lance (*right hand downward stab*)
Capturing the Storm (*right hand downward club attack*)
Defying the Rod (*gun to chest*)
Broken Rod (*gun to back*)
Snakes of Wisdom (*two men - left hand on right shoulder + right hand on left shoulder*)
Piercing Lance (*right hand step-through knife thrust to midsection*)

FORMS

Raging Storms (All)

FITNESS (Daily)

45 Push-ups
50 Sit-ups
45 Squats

PRINCIPLES

Universal Pattern
Types of Speed
Responsibility
Honor
Story (2 Monks)

SAYINGS

“Why the martial arts? Why not some other field or endeavor to achieve respect, humility, and self-restraint? Why learn methods that can destroy in order to achieve these goals? Because physical discipline makes one aware of the intricacies of the human body, its functions, and the importance of good health. You learn to appreciate your existence and thus learn to respect the existence of others.” –Ed Parker Sr.

“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

“To change with change is the changeless state.” –Bruce Lee

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.

