

FIRST DEGREE BROWN BELT REQUIREMENTS

Teen and Adults

Student must have a minimum of 65 classes

- Warm-up

Warm-up on your own formally with fellow test candidates.

- Self-Defense

Weapons

Club

Rubber Knife

Skip Rope (chain)

Multiple Attackers

2, 3, and 5 man self-defense

On Floor

Face down

Back to the floor

- Breaking -

Breaks may include

Stomp Kick

Palm Heel Strike

Side Kick

Back Kick

Round House Elbow

Spin Kick or Jump Kick

Breaking Materials:

White pine #2 or #1, soft wood if you can choose.

Teens - dimensions 1" x 12" x (6" or 8") see instructor - **Must**
be cut cross grain - 6 pieces

Adults - dimensions 1" x 12" x (8" or 10") see instructor - **Must**
be cut cross grain - 6 pieces

Cinder blocks - 2" x 8" x 16" capping blocks - 4 pieces

Thickness of board - 3/4"

Width of board - 11 3/4"

Length of board - 6', 8', 10', 12'

Cuts must be made cross grain.