

# BROWN BELT LEVEL 1 (3<sup>RD</sup> KYU)

1. SPIN BACK KICK
2. SPIN HOOK KICK
3. SPIN SIDE KICK
4. SPIN OUTER CRESCENT KICK
5. TORNADO KICK
6. FLYING SIDE KICK
7. ELBOW STRIKE 1-10
8. SPIN BACKFIST
9. SPIN KNIFEHAND STRIKE
10. EYE RAKE
11. FINGER STRIKE
12. JAPANESE ARMBAR
13. SELF DEFENSE FOR REAR CHOKE USING A THROW
14. HIP TOSS

## Kata:

All students should be able to perform all of the following Katas.

H Form 1

Penan 2

H Form 3

H Form 4

## Japanese Terminology:

Palm Heel Strike      Teisho Uchi

Cat Stance              Neko Ashi Dachi

Ridge Hand              Haito Uchi