



# BROWN BELT

3RD DEGREE

Test Date \_\_\_\_\_

## PROGRESS

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## TECHNIQUES



### **Obscure Claws**

RIGHT FLANK left hand shoulder grab



### **Brushing the Storm**

RIGHT FLANK right step-through overhead club



### **Encounter with Danger**

FRONT two-hand push to ground



### **Menacing Twirl**

REAR left hand belt grab



### **Circling Destruction**

FRONT straight left step-through punch



### **Leap from Danger**

REAR two-hand push



### **Detour from Doom**

FRONT right roundhouse kick



### **Circles of Protection**

FRONT right step-through overhead punch



### **Squatting Sacrifice**

REAR bear hug (arms free)



### **Twirling Sacrifice**

full nelson



### **Escape from Death**

REAR right arm choke



### **Desperate Falcons**

FRONT two-hand grab to both wrists

## FORMS & SETS



### **Blocking Set Two**



### **Long Form Three**