



# BROWN BELT



## SELF-DEFENSE

### REQUIRED FOR TESTING

1. ONE STEP AGAINST ATTACK #6
2. 2 STEP



### WORK ON IN CLASS

1. ALL PREVIOUS SELF-DEFENSE



## BASICS

1. REVIEW OF ALL FORMS, BASICS, SPORT, SELF-DEFENSE ON WHITE ONE STRIPE SHEET
2. TONFA BASICS
3. DEMONSTRATION OF BASIC FALLING



## SPORT COMBINATIONS AND DRILLS

### Offence

1. Back leg to front leg sweep, jump roundhouse
2. Back turning swing kick sweep, backfist

### Defense

1. Flip sidekick
2. Switch back ax kick

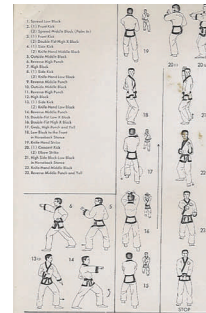
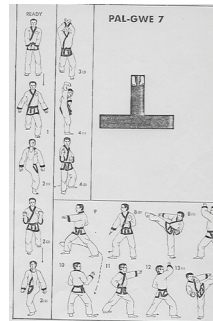
### Hand

1. Reverse hand downward palm block, ox hand [front hand]



## FORM OR BUNKAI [APPLICATION]

### ALL LOWER FORMS AND PALGUE 7



## OTHER

1. ORAL AND AWARENESS QUESTIONS
2. SPARRING FREE SPARRING, FLOW SPARRING, FLOOR, 2 ON ONE, AND TEACHING STYLE
3. ATTITUDE HELP IN CLASSES ON A REGULAR BASIS, MUST HAVE A RECORD OF CLASSES HELPED IN. MUST HAVE PARENTS AND INSTRUCTOR PERMISSION TO TEST
4. CLASS ATTENDANCE TIME REQUIRED IN LAST RANK [MINIMUM OF 2 MONTHS]
5. TEST FEE \$25.00

6. WRITTEN WHAT DOES IT TAKE TO BE A BLACK BELT [commitment, time etc] (paper must be typed)
  7. HELPING 8 HELPER CLASSES
  8. DEMO MUSICAL, OPEN HAND KATA
  9. BREAKING [STUDENTS AND/OR INSTRUCTORS CHOICE]
  10. MUST BE A MEMBER OF NATO
  11. LOG OF CLASSES YOU HAVE HELPED IN
- Omega Tao—Nov 2010