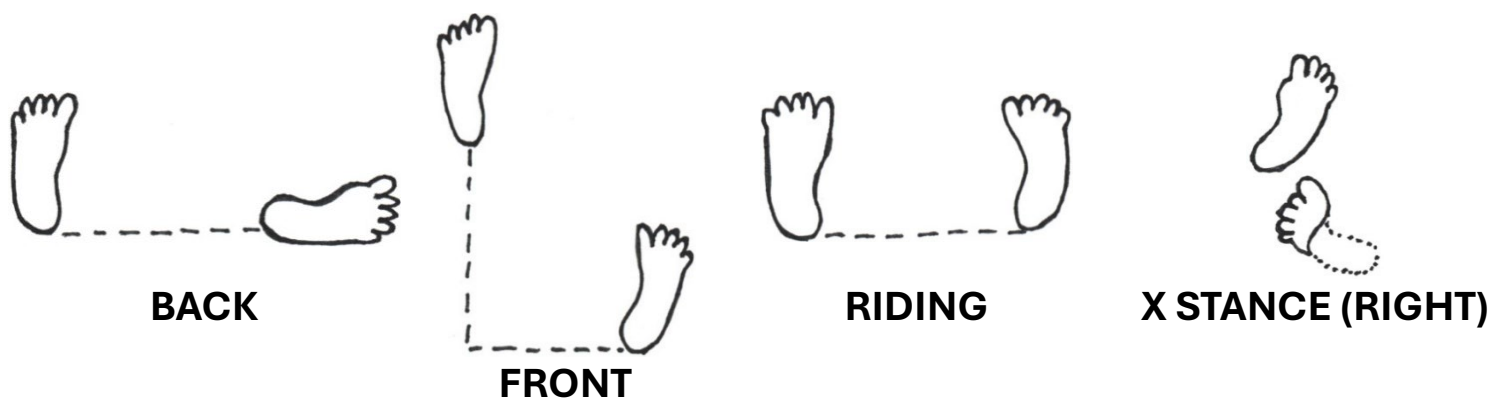


# Brown Belt Basics

ONE MORE YEAR OF TRAINING UNTIL BLACK BELT TEST. STAY FOCUSED. YOU ONLY HAVE TO LEARN 2 NEW PATTERNS THIS YEAR. LAST YEAR, YOU LEARNED 6. AFTER YOU REALLY LEARN BROWN BELT PATTERN, YOU CAN USE TIME/ENERGY TO REMEMBER/RE-LEARN WHITE THRU BLUE HIGH PATTERNS. THIS WILL HELP YOU BE PREPARED FOR BB TEST SOONER.

## STANCES



## KICKS PRACTICE ALL KNOWN KICKS. CONCENTRATE ON...

\*FRONT SNAP \*AXE KICK \*FRONT LEG FRONT SNAP

## STRIKES/BLOCKS PRACTICE TECHNIQUE & CHAMBERING. ADD...

\*DOWN SPEAR STRIKE \*W BLOCK \*CIRCLEBLOCK \*COMBO:DOWN & INNER BLOCK \* LOW & MIDDLE X BLOCK \*DOUBLE DOWNWARD STRAIGHT ARM BLOCK

## KICKING COMBINATIONS BY NOW, YOU KNOW MANY KICKS.

MAKE UP YOUR OWN FAVORITE COMBOS. USE 2 OR 3 KICKS & UPPER BODY TECHNIQUES. THINK ABOUT WHERE YOU NEED TO LAND YOUR FEET SO TRANSITION TO NEXT TECHNIQUE IS SMOOTH. TIGHT FISTS, HELD HIGH.

## 1 STEP LEARN TO PRACTICE WITH A PARTNER SAFELY.

## TERMINOLOGY ALL & DEFINITION TOI-GYE (BROWN BELT)

AT THIS LEVEL, OTHER STUDENTS WILL LOOK UP TO YOU. BE THE BEST EXAMPLE YOU CAN BE. IF YOU WANT TO HELP OTHERS, BE A GOOD EXAMPLE & PRACTICE WITH PERSERVERANCE, WORK HARD. OTHERS WILL NOTICE AND ASK YOU FOR HELP. ALWAYS BE KIND.

**ALWAYS REVIEW WHITE BELT BASICS – THE FOUNDATION.**