

EE DAN BROWN REQUIREMENTS

MINIMUM REQUIREMENTS

24 Weeks and 48 classes since last test. Assist in 24 classes since last test.

NEW TECHNIQUES

Sliding Rear Foot Twisting Kick
Spinning Sliding Side Kick
Spinning Sliding Reverse Swing Kick

PATTERN: OH HENG YUK JANG

Step back with right foot to left front stance, rear palm low body block, DownK (front), FP, RP, Front round elbow strike (def), (look right) back arm inward block, SwK / RevSwK / SwK / SwK, rear round palm, FP, Dodge, FP / Rev Knife Hand Strike (def).

Step back with left foot into right front stance, rear palm low body block, DownK (front), FP, RP, Front round elbow strike (def), (look left) back arm inward block, SwK / RevSwK / SwK / SwK, rear round palm, FP, Dodge, FP / Rev Knife Hand Strike (def).

Look to the front and step back with right foot into left front stance, rear palm inward block, FP, RP SwK (rear), Spin DwnK, rear round palm, FP.

Step back with left foot into right front stance, rear palm inward block, FP, RP SwK (rear), Spin DwnK, rear round ralm, FP.

CresK (rear), FP, RP, knee smash (rear) (put foot back down in rear), elbow (rear).

CresK (rear), FP, RP, knee smash (rear) (put foot back down in rear), elbow (rear).

Step back with right foot into left front stance, back arm inward block, SwK / RevSwK / SwK / SwK, back fist strike, round palm strike (rear), dodge, RP / elbow strike (rear).

Step back with left foot into right front stance, back arm inward block, SwK / RevSwK / SwK / SwK, back fist strike, round palm strike (rear), dodge, RP / elbow strike (rear).

Right foot returns to left foot in Paro.

EE DAN BROWN REQUIREMENTS (CONTINUED)

COMBINATION

(Front Stance) Back Arm Inward Block, Front Foot Swing Kick / Reverse Swing Kick / Swing Kick / Swing Kick, Back Fist Strike, Rear Round Palm Strike, Dodge, Rear Punch, Rear Elbow Strike.

SPEED DRILL # 1 - 16

DEFENSE DRILL

Examiners Request

AIR SHIELD ATTACK

Examiners Request

POWER TEST

Examiners Request