



Low Brown Belt Curriculum

6 Count double round kick/sidekick

1. Round kick fold and chamber
2. 2 Round kicks, snap and refold
3. Sidekick chamber
4. 2 Sidekicks, thrust and lock
5. Sidekick refold
6. Foot down

Belt Stretch:

45 Seconds Front kick and Side Kick

Push-ups:

45 under 2 minutes

Form: Might for Right

Chun-Bi: Feet together, open-hand X block at chin level, left hand over right.

1. Turn to the left into a back stance with a left-hand mid-chop and your right fist at your chest, back punch.
2. Focus to the right 180 degrees, folding your hands into a right-hand mid-chop with your left fist at your chest in a back stance, back punch.
3. Bring your right foot to your left and stepping forward with your left foot into a back stance, go into a left-hand chop, right hand at your chest, back punch.
4. Bring your right foot to your left foot, cross your right arm on top with your left arm on the bottom, bringing your left fist to your chest, and do a side chop with your right hand at shoulder level.

5. Pull your right arm back and execute a right-leg sidekick. Lock it out. Before putting your leg down from the sidekick, turn 180 degrees into a left back stance and do a left-hand chop, right fist at your chest.

6. Spin forward with a right-hand chop 180 degrees, continue to spin another 180 degrees into a left-hand chop with your right fist at your chest. Fast back punch with a quick rechamber, then back punch again (right-hand).

7. Break into a horse stance, quickly cross your hands at chin level with palms facing in, and then break into an open-hand mountain block with elbows even at shoulder level, palms out.

8. Turn to the right. Execute an open-hand upper block with the right hand and a left-hand temple chop at the same time.

9. Execute a back leg front kick, then a left back fist, with legs crossed, right fist at your chest.

10. Slide back with the right leg, do a left-hand mid-chop, right fist at your chest, back punch.

11. Break into a horse stance, quickly cross your hands at chin level with palms facing in, and then break into an open-hand mountain block with elbows even at shoulder level, palms out.

12. Facing left, spin with your right foot into a right-hand chop; continue an additional 360 degrees into a tornado kick. As the kick is completed, land in a horse stance with your right elbow striking your left palm. Do a low, open block with your right hand, left fist at your chest in a low back stance. Fast back punch with a quick rechamber, then back punch again

13. Break into a horse stance, quickly cross your hands at chin level with palms facing in, and then break into an open-hand mountain block with elbows even at shoulder level, palms out.

14. Turning left, execute an open-hand upper block with the left hand and a right-hand temple chop at the same time.

15. Execute a back leg front kick, then a right back fist, with legs crossed, left fist at your chest.

16. Turn to the left, uncrossing your feet and step back, side chop with your left hand.

17. Execute a double kick: back leg round kick, sidekick; land in a horse stance. Do a right side chop.



18. While bringing your right leg to your left, cross your wrists (facing out). Break with your, turning your wrists and snapping a mountain block.
19. Turn 180 degrees to the left on the balls of your feet without changing their position, crossing your legs, and crossing your wrists a second time. Break again with, turning your wrists and snapping a mountain block.
20. Turn right into a front stance, do a left-hand groin strike and right-hand push block across the chest.
21. Do a right-hand upper block with your left fist by your rib cage (traditional guard), quickly moving to a left-hand back punch with your right hand at your rib cage (traditional guard).
22. Bring your left foot to the right while bringing both hands through the middle of your body into an overhead position, forming a triangle with the space between your hands. Focus, looking through the triangle.
23. Break overhead, with your right fist closed and left hand open. As your hands reach belt-level, bring them together with the left hand enclosing the right fist finishing at chin-level.
24. Step into an extended left front stance. Starting with the left hand at the front and the right hand behind the back, palms down, do a slow press block moving the right hand forward and the left hand back while the palms turn up. The left hand forms a "cup". Turn into a slow twist stance (knee not quite touching the ground) and press.
25. Step into a right front stance. Do a low cross block with closed fists. Move the crossed arms to chest level while transitioning to open-hand and finally overhead with the hands forming a V position, only touching at the palms. Push block with the left hand, do a right-hand punch and a fast double punch.
26. Step back into a left front stance. Do a low cross block with closed fists. Move the crossed arms to chest level while transitioning to open-hand and finally overhead with the hands forming a V position, only touching at the palms. Push block with the right hand, do a left-hand punch and a fast double punch.
27. Step up bringing the right foot to the left. Execute a left-leg front kick, right-leg round kick, and a right-leg sidekick. Back punch, chamber, the back punch again (left-hand).
28. Turning 180 degrees, do a double arm block, left hand low, right hand high (slowly).

29. Bring your right leg forward; as your leg comes up raise your joined hands. When your feet meet, your hands break both open. When your hands reach belt level, clap them together.

30. Repeat steps 24 through 29.

31. Repeat steps 6 through 23. Modify step 23 by forming a left fist and leaving the right hand open as you break and enclosing the right hand over the left fist.

Goman: Continue standing with feet together, Hands in X block position, left hand on the outside.



Sparring (Be sure to use light contact)

1. Mixed Rhythm Sparring

- Rhythm sparring with mixed count. 1st partner throws 1 technique, 2nd partner throws 2 techniques, 1st partner throws 3 techniques, 2nd partner throws 1 technique, etc.

2. Free Sparring

3. Point Sparring

4. Full Contact Drills (Adults)

5. Grappling (Adults)