

3rd Class Brown

Listed below are the tasks students will be responsible for demonstrating when they test for their next rank. At the brown belt level, students should be investing their time and energy in preparing to achieve their black belt. This includes not only proficiency in new rank material, but also strong knowledge and application of all required material learned at previous ranks.

Partnering Skills

Effectively and respectfully practicing combinations with a partner while demonstrating an understanding of how the techniques would be applied in a self-defense situation

- 10, 11, 17, & 19 Combinations

Combinations

Effectively applying all techniques safely and properly with a partner. Must be performed without hesitation

- 1 Combination
- 20 Combination

Supplemental Skills

Defense against overhead and side club attacks as well as Five Animal Kung Fu techniques

- 2 Overhead Club Techniques
- 3 Side Club Techniques
- 5 Animal Techniques

Forms

Demonstrate explosive power in strikes and kicks, precision of movement, and proper body structure

- 3 Kata

Cumulative Review

Students are expected to perform required material from all previous ranks in a way that demonstrates a level of growth and effort as they advance from belt to belt

Mechanics

Demonstrating the foundational skills of the art with effectiveness appropriate to their rank

Strikes

- Willow Palm
- Mortal Man
- Eagle Claw
- Ox Blow
- Back Hand
- Snake Strike

Kicks

- Rising Heel Kick
- Spinning Reverse Crescent
- Wheel Kick
- Flying Side Kick

Character Connections

Black Bar - Effort & Contribution

Start and make progress on the four Black Bar missions.
See us in the office for your mission briefing.



Minimum Class Credits Required: 40



Rank Training Videos: Email us at TheTeam@Villarismansfield.com