



ADV. BROWN BELT (1ST KYU)



Stripe One: Hangetsu Kata

Stripe Two: Bo 1

Stripe Three: Grappling (Standing)

- Single Leg Takedown
- Single Leg Takedown (Step Out Variation)
- Double Leg Takedown (Clasp)
- Double Leg Takedown (High and Low)

Stripe Four: Grappling (Ground)

- Arm Bars
 - o Cross-body – Near & Far Arms
 - o Mount
 - o Guard – Kickover, Standing, and Rollover

Stripe Five: Three-For-Threes

- Skip Step Front Kick, Skip Step Crescent Kick, Reverse Punch
- Machine Gun Lunge (2 punches), Rear Leg Round Kick
- Rear Leg Crescent Kick, Spinning Crescent Kick, Reverse Punch

Stripe Six: Kali Closed Series

- High-High-High
- Low-Low-Low
- High-Low-High
- Low-High-Low