

Brown Belt			
Katas	<ul style="list-style-type: none"> •Naihanchi Shodan (1) •Anyo Dalawa Empty Hand Form (2) •Anyo Dalawa Empty Hand Application: flow to check & strike, step to armbar, knifehand to side-by-side 	Throws & Ground Grappling	<ul style="list-style-type: none"> •Spin to the Knee •Hammer Lock •Minor Inner Reaping (Ko-uchigari)
Self Defense	<ul style="list-style-type: none"> •Empty Hand Cane Disarm (1-12) 	Chokes	<ul style="list-style-type: none"> •Front Naked Choke
Kicks & Strikes	<ul style="list-style-type: none"> •Reverse Sinawali Application: strike high, middle, low 	Transitional Flow	<ul style="list-style-type: none"> •6 Arnis lock flow: one finger to two finger standing center lock to two finger lock, to two finger center lock, to two finger reverse lock, to backward throw to step and backward turn
Arm & Shoulder Locks	<ul style="list-style-type: none"> •Arm Trap from Punch •Snaking Arm Lock (basing hand on stomach H2/LI12) 	Cane Techniques, Strikes & Blocks	<ul style="list-style-type: none"> •Defense Against angles of attack 1 & 2 using: Figure-8, Reverse Figure-8, Banda y Banda, Rompida, Double Zero
Finger & Wrist Locks	<ul style="list-style-type: none"> •Reverse Finger Lock •Reverse 2-Finger Lock •2-Finger Bent-Elbow Lock 	Drills	<ul style="list-style-type: none"> •Reverse Sinawali •5, 6, 7 Knife Drill
Questions	<ul style="list-style-type: none"> •Explain the principles of: Balance, Avoid the Head-on Collision of Force & Mobility/Stability •Draw the elemental cycle and describe the concept behind the healing cycle, destruction cycle & reverse 	Pressure Points: show location, demonstrate angle & direction and effect	<ul style="list-style-type: none"> •H2, H3, LU1, LU2, LU5, LU6