

## Brown Belt w/Stripe

<b>Katas</b>	•Wansu	<b>Throws &amp; Ground Grappling</b>	•Minor Outer Reaping (Kosotogari) •Japanese Armbar from Mount & Guard
<b>Self Defense</b>	•Slashing Knife Attack	<b>Blocks &amp; Parries</b>	•Sinawali Boxing from parry: compress elbow, single lock, backward throw & mobility throw
<b>Kicks &amp; Strikes</b>	Kick Combination: front, round, side, hook, back, twist, knee stomp (fumakomi)	<b>Chokes</b>	•Rear Naked Choke
<b>Arm &amp; Shoulder Locks</b>	•Tricep tendon w/shoulder •Reverse Tricep tendon armbars w/shoulder •Tricep Tendon over shoulder	<b>Cane Techniques, Strikes &amp; Blocks</b>	•Cane Releases: forearm bump inside/outside, center lock, standing center
<b>Finger &amp; Wrist Locks</b>	•Chicken wing: standing & ground •Goose-neck •Piston grip •Reverse pistol grip	<b>Drills</b>	•Flow Drill w/cane •Umbrella/Wing Drill
<b>Questions</b>	•Who was Ken Kawachi and what is his contribution to SCJ? •Explain kuzushi: 3 dimensional theory	<b>Pressure Points: show location, demonstrate angle &amp; direction and effect</b>	•H6, L8, MUE28