

BROWN & RED BELT INFORMATION SHEET: TESTING APR. 2021

Congratulations on earning your new rank, it is now time to continue your RISE as a martial artist. As a Brown Belt it is important to constantly observe your surroundings in order to make informed decisions, recognize the needs of others, and take action in response. As a Red Belt learning to collaborate with others will maximize your ability to influence positive change. Start using your actions to define what being a martial artist means to you.

CURRICULUM & STRIPES:

Your goal in class is to earn the stripes required for the next belt; it takes focus and hard work! Brown and Red Belts will need 1 RISE stripe and 4 black stripes to test. The following is the breakdown for each one:

Pre-Req. RISE BELT TYING & RISE STORY: CHOOSE, COMMIT, GROW, FOCUS, BELIEVE, PRACTICE, ACHIEVE, CHALLENGE, COMPETE, EVALUATE, DISTINGUISH, OBSERVE, RECOGNIZE, RESPOND, INFLUENCE, COLLABORATE, INSPIRE, DEMONSTRATE, TRANSFORM

1. HO AM FORM *(Brown Belts Stop at Line 20)*

	MOVE	STANCE
1	Step to the left, Left High Block	Left Front Stance
2	Step together, step to right, Right High Block	Right Front Stance
3	Step together, step forward, Left Low Block	Left Front Stance
4	Step up, Twin Low Block	Standing Stance
5	#1 Side Kick, Right Knife Hand Strike	Sitting Stance
6	#3 Right Knife Hand Strike	Sitting Stance
7	Left Outer Forearm Block, Right Punch/Left Punch (CAT 2)	Sitting Stance
8	Turn to front, #2 Left Front Kick, #2 Right Punch	Left Front Stance
9	Step, #2 Left Punch	Right Front Stance
10	#1 Round kick, #1 Knifehand Strike	Right Back Stance
11	Turn to back, Left Arc Hand	Left Back Stance
12	#3 Left Round Kick, Left Knife Hand Low Block	Left Back Stance
13	Left Knife Hand High Block, Left Knife Hand Strike	Left Back Stance
14	#2 Right Round Kick, Right Knife Hand Low Block	Right Back Stance
15	Right Knife Hand High Block, Right Knife Hand Strike	Right Back Stance
16	#2 Front Kick, Spin Heel Kick	Left Back Stance
17	#3 Jump Front Kick, Twin High Punch	Left Front Stance
18	Right Knife Hand Strike	Left Front Stance
19	#2 Side Kick, Left Knife Hand X-Block	Left Back Stance
20	Step, Right Knife Hand High Block/#2 Left Punch	Right Front Stance
21	Step together, Twin fists on hips	Closed Stance
22	Step in front, Right Side Kick	--
23	Step in front, Twin Elbows	Left X Stance
24	Step, Right Twin Horizontal Punch	Right Back Stance
25	Left Front/Side Kick, Left Knife Hand Strike	Sitting Stance
26	Right Front/Side Kick, Right Knife Hand Strike	Sitting Stance

2. SPARRING STRIPE

Demonstrate Rules of Sparring:

1. Hands nose high
2. Stay busy
3. Be an effective blocker
4. Kick and punch in combinations
5. Kick and punch above the belt
6. Control contact (*try to touch*)

3. PAD DRILLS

- #1 Double Round Kick/Side Kick,
- #1 Hook Kick, Spin Side Kick

4. BOARD BREAKING

- #3 Side Kick
- #2 Palm Heel (on ground)
- #2 Front Kick
- #2 Elbow (on ground)

One attempt at each. You must break 2 out

RE-BREAKABLE BOARD AGE CHART

Age	Color
5-7	White
8-9	Yellow
10-11	Orange
12-14 Girls; 46+ Women 12-13 Boys	Green
15-45 Women 14-15 Boys, 46+ Men (up to 2DL4 Black Belt)	Blue
16-45 Men (up to 2DL4 Black Belt) 46+ Men (3DL1 Black Belts & above)	Brown
16-45 Men (3DL1 Black Belts & Above)	Black

