

1ST DEGREE BROWN BELT SYLLABUS SYLLABUS SELF DEFENCE:

1. GLANCING SPEAR:

Left wrist grab with right hand.

2. THRUST INTO DARKNESS:

Rear step through punch.

***3. CIRCLING FANS:**

Front left and right straight punch.

4. ROTATING DESTRUCTION:

Front right snap and left spinning back kick.

***5. FALCONS OF FORCE:**

Left and right shoulder grab by two men.

***6. THE BEAR AND THE RAM:**

Front right punch and rear bear hug.

7. RAINING LANCE:

Front overhead step thru knife attack.

8. DESPERATE FALCONS:

Front two-hand grab to wrists.

***9. LEAP OF DEATH:**

Front straight right punch.

10. PROTECTING FANS:

Front left & right punch with left leg fwd.

11. DECEPTIVE PANTHER:

Combination front right snap kick (low) & right roundhouse (High).

12. COURTING THE TIGER:

Left & right arm grab by two men.

13. GATHERING OF THE SNAKES:

Front left punch and right rear punch by two men.

***14. GLANCING LANCE:**

Front right knife thrust, your arms are down.

15. DOMINATING CIRCLES:

Front right push.

16. DESTRUCTIVE FANS:

Left flank right punch with opponents right leg forward.

***17. UNFURLING CRANE:**

Front left and right punch combo with right leg forward.

18. GRASPING EAGLES:

Front right lapel grab and rear right arm grab by two men.

19. PARTING OF THE SNAKES:

Front right punch & rear attempt by two men.

20. THRUSTING LANCE:

Front knife thrust.

21. BLINDING SACRIFICE:

Front two hand grab or choke attempt.

22. SNAKES OF WISDOM:

Left & right shoulder grab by two men.

23. ENTWINED LANCE:

Front right knife thrust.

24. FALLING FALCON:

Front right hand one hand direct lapel grab.

SETS:

STANCE SET 2.

BLOCKING SET 2.

FORMS:

LONG FORM THREE.

INSTRUCTION:

DEMONSTRATE ABILITY TO INSTRUCT ORANGE BELT SYLLABUS.

*NB DENOTES JUNIOR SYLLABUS REQUIREMENTS.