

Adult Curriculum for Brown Belt

(Third Kyu)

Hand Technique

[Tiger mouth strike](#)

Blocking Techniques

[Circular chop block](#)

[Palm corner block](#)

[Pressing block](#)

Leg Techniques

[Reverse crescent kick](#)

[Inside roundhouse kick](#)

Flying double kicks:

[Front / side](#)

[Front / roundhouse](#)

[Front / crescent](#)

[Axe kick \(inside / outside\)](#)

Kata and Applications

[Jutte \(Ten Hands\)](#)

[Applications](#)

Blocks and Punches

(inward stance w/counter attacks)

Add:

[Soft middle low block](#)

[Pressing block](#)

[Inner outer block](#)

Escaping Techniques

Disarms: empty hand vs tambo

Throwing Techniques

[Hip throw \(ogoshi\)](#)

Weapons

Bo:

Basic strikes

[Bo 1 with Applications](#)

[Figure-8: forward and reverse](#)

Sparring

Free sparring:

Three two-minute rounds

Board Breaking

[One Set by weight](#)

Stamina

[Pushups: \(maximum\)](#)

[15/15 one arm](#)

[20 fingertip](#)

[20 knuckle](#)

[20 palm](#)

Public Speaking

Three minutes in class

Written Exam

One week before test

Written Paper

Brief bio, reasons for training and life experiences. Two pages typed.

Leadership and Philosophy

Ten "Nesses" of Leadership

[Fitness – Health](#)

[Wellness – Health](#)

[Assertiveness – PR](#)

[Openness – PR](#)

[Fairness - PR](#)

[Directness – PR](#)

[Oneness – Improvement](#)

[Togetherness – Improvement](#)

[Forgiveness – Improvement](#)

[Creativeness – Improvement](#)

5 Ups of Learning and Teaching

[Shut Up](#)

[Put Up](#)

[Beat Up](#)

[Keep Up](#)

[Live Up](#)

Five Troubles To Avoid

[Alcohol abuse](#)

[Bigoted bull](#)

[Cardiovascular carelessness](#)

[Drug dependency](#)

[Excessive ego](#)

Pyramid Formulas for Happiness, Harmony and Healthy Training