

# BROWN STRIPE

## KICKING TECHNIQUES

Jumping Side Kick  
Jump Spinning Back Kick  
Stomping Kick  
Inside Roundhouse Kick

## THROWING TECHNIQUES

Hip Wheel  
Kneeling Body Drop  
Springing Hip Throw  
Scooping Throws (Front/Rear)  
Shoulder Crash (Front/Rear)

## JOINT ARTICULATION

Reverse Elbow Lift Lock  
Spinal Column Fracture Lock  
Leg Hammer Lock with choke

## HAND LOCK COMBINATIONS

Second to Third Degree Wrist  
Lock Spinning Vertical Wrist Lock  
Full Wrist Lock to Spirit lock to  
Reverse Elbow Lift Lock

## FRONT HEADLOCK COUNTERS

Kneeling Leg Takedown  
Double Leg Takedown  
Scooping Throw  
Valley Drop Throw

## KNIFE DEFENCES

Outside Wrist Lock  
Wrist Throw  
Entangled Wrist Throw  
Block and Body Shift  
Arm Drag Takedown  
Winding Throw

## FREE STYLE JIU-JITSU

Demonstrate proper Jiu-jitsu attacks of any nature at minimum half speed.

## MULTIPLE ATTACKERS

Demonstrate proper defense against 2 attackers at half speed.

## RANDORI

Show an understanding of throwing and takedown mechanics starting from a standing clinch position. (Body positioning, balance, momentum, center of gravity and leverage)

\*\*May be required to demonstrate other techniques from all syllabus requirements from white belt up\*\*