

# Formal Brown Belt Testing Requirements Guide

(Colors on the sheet associate with the Belt Rank Requirements that students will be tested on. Review both sides and know the names)

Each Technique has a video of what is expected. Each listed technique is a hyperlink to the video.

## Punches

- Jab
- High Punch
- Back Fist
- Middle Punch
- Front Hook
- Uppercut
- Ridge Hand
- Knife Hand
- Elbow

## Physical Fitness

- Push-ups
- Sit-ups
- Horse Stance

## Self-Defenses

- Headlock
- Push
- Haymaker
- Break Fall
- Outside Wrist Grab
- Front Headlock
- Straight Punch
- Tackle
- Arm Drag
- Rear Bear Hug (Arms Free)
- Front Bear Hug
- Rear Bearhug (Trapped)
- Inside Wrist Grab
- Rear Choke
- Hammerlock
- Lapel Grab w/Punch

## Combination Kicks

- Sliding Double Round Kick
- Front/Round Kick
- Sliding Side Kick, Bounce Side Kick
- Sliding Side/Swing Kick
- Sliding Swing Kick/Round Kick

## Basic/Power Kicks

- Offensive Front Kick (Power Kick)
- Turning Round Kick (Power Kick)
- Sliding Round Kick
- Sliding Side Kick (Power Kick)
- Defensive Side Kick (Power Kick)
- Defensive Front Kick
- Skipping Front Kick (Power Kick)
- Skipping Side Kick (Power Kick)
- Pulling Round Kick
- Pulling Side Kick
- Offensive Axe Kick
- Sliding Crescent
- Defensive Swing Kick
- Spinning Back Kick (Power Kick)
- Spinning Crescent Kick (Power Kick)
- Spinning Swing Kick (Power Kick)

## Combinations

- Jab, high punch, front kick
- Slide up jab, stepping middle punch
- Jab, sliding round kick, high punch
- High punch, front kick, sliding side kick, high punch
- Step jab, high punch, turning round kick
- Jab, high punch, hook, uppercut
- Rear jab block, shield, shield, hook
- Pulling double round kick, blitz
- Jab, high punch, roll, high punch, hook, slip, hook, uppercut
- Step jab, spinning back kick, high punch, front kick
- Step jab, high punch, turning round kick, spinning swing kick, backfist, middle punch