



2ND BROWN BELT

Basic Fundamentals:

Punches & Hand Strikes

inverted vertical roundhouse
looping overhead punch
hooking punch
inside vertical forearm strike
outward palm heel
overhead palm heel
rear (stiff arm) palm strike
side finger thrust
back finger thrust (cross over shoulder)
back claw (cross over shoulder)
underhand claw
underhand whip
blocking punch
front back knuckle (stiff arm lift)
obscure vertical elbow strike
outward diagonal reverse
handsword
upward claw
back finger whip (over the shoulder)
back finger whip (below the waist)
horizontal finger slice
reverse horizontal finger slice

Kicks

front scoop kick
back scoop kick
side chicken kick
front chicken kick (forward leg-rear leg)
front chicken kick (rear leg-forward leg)
front stomp kick
side stomp kick
back stomp kick
front cross side stomp
rear cross side stomp
front roundhouse sweep
reverse roundhouse sweep

Foot Maneuvers

forward jump
reverse jump
forward leap
reverse leap
forward roll
back breakfall

Blocks & Parries

horizontal downward
forearm block
vertical inward forearm block
vertical outward forearm block
upward parry
horizontal inward palm heel parry
horizontal outward palm heel parry
inward elbow block
outward elbow block
upward elbow block
downward elbow block
inside downward elbow block
vertical upward palm heel parry
vertical downward palm heel parry

Stances

concave stance
rear bow
rotating twist stance

Forms and Sets

Long Form Three

Self-Defense Techniques

81. Brushing The Storm
82. Menacing Twirl
83. Leap From Danger
84. Circle of Doom
85. Broken Gift
86. Unfolding the Dark
87. Heavenly Ascent
88. Bow of Compulsion
89. Taming the Mace
90. Twirling Sacrifice
91. Cross of Death
92. Securing the Storm
93. Intercepting the Ram
94. Blinding Sacrifice
95. Glancing Spear
96. Desperate Falcons

Attacks

- Right Flank Overhead Club Attack
- Left Hand Grab of Belt From Behind
- 2 Handed Push to Back From Behind
- Right Step Thru Front Kick
- Right Hand to Right Handshake
- Left Step Thru Punch From Right Rear
- Front 2 Handed Choke
- Right Front Wrist Lock on Opponents Chest
- Right Step Thru Punch in Front of Wall
- Full Nelson
- Front 2 Handed Cross Choke
- Right Step Thru Roundhouse Club Attack
- Front Tackle-Arms Down-With Momentum
- Front 2 Hand Grab Attempt
- Left Wrist Grab by Opponents Right Hand
- Front 2 Hand Grab to Your Wrists