

## 2ND DEGREE BROWN BELT SYLLABUS SELF DEFENCE:

### **1. FATAL CROSS:**

Two-hand attempted low grab or push.

### **2. TWIRLING HAMMERS:**

Front step through left punch.

### **\*3. DEFENSIVE CROSS:**

Right front kick.

### **4. DANCE OF DARKNESS:**

Right front kick followed by right punch.

### **\*5. MARRIAGE OF THE RAMS:**

Left and right shoulder grab by two men.

### **\*6. THE RAM & THE EAGLE:**

Front right punch and left rear collar grab by two men.

### **7. ESCAPE FROM THE STORM:**

Right flank overhead right club.

### **\*8. CIRCLING WINDMILLS:**

Two hand push followed by a right overhead punch.

### **\*9. DESTRUCTIVE KNEEL:**

Front right step thru punch.

### **10. BOWING TO BUDDHA:**

Right front round house kick.

### **11. REVERSING CIRCLES:**

Left round house kick followed by a left punch.

### **12. REPRIMANDING THE BEARS:**

Front right punch and rear bear hug (arms free) by two men.

### SETS:

**KICKING SET 2.**

### INSTRUCTION:

**DEMONSTRATE ABILITY TO INTRUCT PURPLE SYLLABUS.**

**\*NB DENOTES JUNIOR SYLLABUS REQUIREMENTS.**

### **13. CIRCLING THE STORM:**

Right front club poke.

### **\*14. UNFOLDING THE DARK:**

Left step through punch from right rear flank.

### **15. UNWINDING PENDULUM:**

Right front kick followed by right punch.

### **16. PIERCING LANCE:**

Front knife thrust – with your arms up.

### **\*17. CAPURING THE ROD:**

Right front pistol against your chest.

### **18. PRANCE OF THE TIGER:**

Right flank step through upper cut punch.

### **\*19. BROKEN ROD:**

Rear right hand pistol.

### **20. ENTWINED MACES:**

Left & right punch with opponents left leg forward.

### **21. DEFYING THE ROD:**

Front right hand pistol.

### **22. FATAL DEVIATION:**

Right & left punch with opponents right leg forward.

### **23. TWISTED ROD:**

Right front gun attack.

### **24. ESCAPE FROM DARKNESS:**

Right punch from the right flank.

### FORMS:

**STAFF FORM.**

**OWN FORM.**