

## **BROWN BELT THIRD DIVISION**

### ***SELF DEFENCE TECHNIQUES***

- 1—GLANCING SPEAR
- 2—THRUST INTO DARKNESS
- 3—CIRCLING FANS
- 4—ROTATING DESTRUCTION
- 5—FALCONS OF FORCE
- 6—THE BEAR AND THE RAM
- 7—RAINING LANCE
- 8—DESPERATE FALCONS
- 9—LEAP OF DEATH
- 10—PROTECTING FANS
- 11—DECEPTIVE PANTHER
- 12—COURTING THE TIGER
- 13—GATHERING OF THE SNAKES
- 14—GLANCING LANCE
- 15—DOMINATING CIRCLES
- 16—DESTRUCTIVE FANS
- 17—UNFURLING CRANE
- 18—GRASPING EAGLES
- 19—PARTING OF THE SNAKES
- 20—THRUSTING LANCE
- 21—BLINDING SACRIFICE
- 22—SNAKES OF WISDOM
- 23—ENTWINED LANCE
- 24—FALLING FALCON

### ***FORMS AND SETS***

- LONG FORM 3
- TIGER AND CRANE WITH PANTHER
- TIGER AND CRANE IN TENSION
- STANCE SET 1, 2
- BLOCKING SET 1, 2 EXTENDED
- BROWN 3 MULTI OPPONENT SET

### ***IPPON KUMITE***

- BOXING HAMMERS EXTENSION
- BOXING CRANES EXTENSION

### **ALL PREVIOUS BELT REQUIREMENTS**

