

# 1<sup>ST</sup> BROWN TEST

## HORSE STANCE STRIKES

- RISING BLOCK/FRONT
- O. KNIFE BLOCK/THRUST
- O. MIDDLE BLOCK/PALM
- RISING KNIFE BLOCK/KNIFE
- O. MONKEY BLOCK/HAMMER
- I PRESSING PALM BLOCK/TWO FINGER POKE
- LOW BLOCK/BACK FIST
- RIDGE BLOCK/ROUND HOUSE ELBOW
- I. MONKEY BLOCK/TIGER MOUTH

## THROWS SITTING (X5)

- WRIST (I & O)
- ELBOW (I & O)

## KICKING (X10)

- J. FRONT, 45 SIDE, J. SPIN HOOK
- J. SIDE, 45 ROUND, J. SIDE AXE
- J. 45 ROUND, LOW ROUND, J. SPIN HOOK
- JUMP T. BACK, STEP STOOL
- CRESCENT, SIDE
- SIDE AX, SPIN HOOK

## DEFENSIVE MANEUVERS

### X10

- 1,20, 21, 22, 23, 24, 25, & 26

## GRAB DEFENSES

- 2 PERSON WRIST
- 2 PERSON 2 HAND WRIST

## SELF DEFENSE 2

### ATTACKERS

- HEAD LOCK & STRAIGHT PUNCH
- NELSON & OVER HEAD
- R. SHOULDERS & HOOKING PUNCH
- R. NECK & BACKFIST
- INSIDE, BACKHAND, OVERHEAD, & THRUSTING CLUB
- BACKHAND, INSIDE, OVERHEAD, & STRAIGHT KNIFE

## FORMS

- PINAN 5

- KATAS 4 & 5
- WEAPON X3

## THROWS FROM GROUND

- SHOULDER AGAINST R. 2 HAND SHOULDER GRAB (FROM SITTING)
- INSIDE NECK SPIN AGAINST 2 HAND NECK (FROM BACK)
- INSIDE LEG AGAINST KICK (FROM BACK)
- OUTSIDE LEG AGAINST KICK (FROM SITTING)
- INSIDE WRIST AGAINST WRIST GRAB (FROM SITTING)
- OUTSIDE WRIST AGAINST 1 HAND LAPEL GRAB (FROM SITTING)
- FORWARD WRIST AGAINST FRONT SHOULDER (FROM SITTING)
- FACE LOCK AGAINST 2 HAND LAPEL (FROM BACK)

## PRESSURE POINT/VITAL TARGET DEMO. X20