

## 2<sup>nd</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 STANDING (X5)

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

### KICKING (X40)

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

### DEFENSIVE MANEUVERS

- 11,12,13,15,16,17,18,19, 20, 22, 23, & 26

### GRAB DEFENSES

- 40 RANDOM

### SELF DEFENSE 2

#### ATTACKERS

- STRAIGHT PUNCH
- OVER HEAD
- HOOKING PUNCH
- BACKFIST
- INSIDE, BACKHAND, OVERHEAD, & THRUSTING CLUB
- BACKHAND, INSIDE, OVERHEAD, & STRAIGHT KNIFE

### FORMS

- PINAN 5
- KATAS 3 &4
- WEAPON X2

### THROWS FROM GROUND

- OUTSIDE NECK SPIN (FROM SITTING)
- INSIDE NECK SPIN (FROM BACK)
- INSIDE LEG (FROM BACK)
- OUTSIDE LEG (FROM SITTING)
- INSIDE WRIST (FROM SITTING)
- OUTSIDE WRIST (FROM SITTING)
- FORWARD WRIST (FROM SITTING)
- AGAINST CHOKE (FROM BACK)
- AGAINST 2 HAND LAPEL (FROM BACK)