



BROWN BELT w/Brown Stripe - Sankyu

Objective:	Control
Hand strikes:	Snake tooth, spinning strikes, bear paw
Leg strikes:	Scoop kick
Blocks:	4 point, Bo blocking set
Combinations:	1, 13, and 20
Kempo:	SSDC Cranes: Crane's Wing, Crane Takes Flight, Hopping Crane
Animal:	Serpent's Tooth, Crane jumps to Wind and Stars
Forms:	3 kata, 4 kata, Shushi No Kon Sho
Drill:	Techniques against kicks and multiple kicks, unusual attacks, sticky legs, kempo sparring
Falls:	Over to persons for length
Jujitsu:	Punch Elbow Lock to Chest, groundwork,
Knife:	Straight to stomach
Club:	Slash and miss
Guns:	Distance technique
Takedown:	Sweeping and pulling with the legs
Knowledge:	Read "Chi Kung" by Yang Jwing Ming