



BROWN BELT w/Brown Stripe x3 - Ikkyu

Objective:	Review; Refine; Prepare to become a black belt
Hand strikes:	Dragon hand, Buddha hand
Leg strikes:	Spinning wheel kick, angular kick, smash kick
Blocks:	Dropping elbow
Combinations:	24
Kempo's:	SSDC: 3 Dragons: Dragons Rides the Wind, Dragon Whips Tail, Twin Dragons
Animals:	Dragon Finds Vessels
Forms:	2 man fist set
Drill:	Sparring multiple attackers
Takedowns:	Knocking both pillars—sweeping techniques
Knowledge:	Teaching, must create a snake, and crane and one kempo from the forms