

# REQUIRED TECHNIQUES FOR 3<sup>RD</sup> DEGREE BROWN BELT

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1. DOMINATING CIRCLES Front - offset right hand grab to right shoulder
  2. TWIST OF FATE Front - two hand push
  3. FLASHING MACE Front – right straight step through punch
  4. DETOUR FROM DOOM Front – right roundhouse kick
  5. GIFT OF DESTINY Front – Handshake
  6. BLINDING SACRIFICE Front – two hand shoulder grab
  7. RETURNING STORM Front – inward roundhouse and backhand club
  8. GLANCING SPEAR Front – right direct left wrist grab
  9. ENCOUNTER WITH DANGER Front – two hand push
  10. GATHERING CLOUDS Front – straight right punch
  11. CIRCLE OF DOOM Front – right straight front kick
  12. SQUATTING SACRIFICE Rear – bear hug - arms free
  13. FALLEN CROSS Rear – two hand choke
  14. BRUSHING THE STORM Right flank – right step through overhead club
  15. DESPERATE FALCONS Front – two hand direct grab to both wrists
  16. CIRCLING THE HORIZON Front – right straight step through punch
  17. GRIPPING TALON Front – left direct grab to the right wrist
  18. BROKEN RAM Front – tackle
  19. CIRCLING DESTRUCTION Front – left straight step through punch
  20. OBSCURE CLAWS Right flank – left hand shoulder grab

## CREED

***I PLEDGE THAT AS MY SKILL AS A TEACHER PROGRESSES I WILL NEVER CONDEMN, RIDICULE, EMBARRASS, OR SHAME ANY STUDENT OR FELLOW INSTRUCTOR IN THE PRESENCE OF A CLASS OR GROUP. ALL GRIEVANCES OR DISPUTES SHALL BE CONDUCTED IN A PRIVATE AWAY FROM GROUP OBSERVATION.***

**MASTER ED PARKER**

# PREREQUISITE BASICS FOR 3<sup>RD</sup> DEGREE BROWN BELT

## STANCES

Diamond

## BLOCKS

Cross (down)

One-Leg Positional

## PARRIES

Double Circular (in to out)

Double Circular (out to in)

Vertical Upward Heel Palm

Vertical Downward Heel Palm

## PUNCHES

Inward Blocking-Punch

## STRIKES

Outward Overhead Elbow

Flapping Elbow

Inward Downward Elbow

## WEAPON: STAFF

Okinawan Staff Set

## FINGER TECHNIQUES

Back Whip (over the rotating twist shoulder)

Back Whip (below the waist)

Inward Horizontal Finger Slice (palm up, palm down)

Outward Horizontal Finger Slice (palm up, palm down)

## KICKS

Front Cross Stomp

Rear Cross Stomp

\*\*Spinning Crescent

\*\*Side Chicken (forward then rear)

\*\*Side Chicken Rear then forward)

## FOOT MANEUVERS

Leap

## FORMS & SETS

Stance Set # 2

Long Form # 3

Personal Form (20 Techniques/Theme Required)

\*\*Optional

# SAYINGS FOR 3<sup>RD</sup> DEGREE BROWN BELT

- There are only a set number of basic moves – all else are variations of the same.
- What is truth for one may not be truth for another. The real truth for both lies in the moment of actual combat.
- When you exaggerate a move your build and offense into a defense. When you condense a move, the reverse holds true.
- You must earn what you learn.
- Environment is what is around you, on you or in you at the time of confrontation.
- While practice locks in our knowledge of basics, instinct is what makes it free.
- Mastery of the art comes when the tiger is seen, but the dragon prevails.
- A leg that kicks can be hurt just as easily as it can hurt.
- The Kenpo system is based on the outer limits of simplicity and the starting point of complexity.
- Principles are the roots of a technique. Unless you have a thorough understanding of them, your boundaries of limitations will always be restricted