

Brown II to Brown I Curriculum

Kokoro Series

- Mizu no kokoro
- Fudoshin
- Happiness

Goshinjutsu *(Philosophy)*

Post Attack

Ne Waza

(Increased level of challenge from uke on all previous core techniques)

Defending Strikes from the Guard *(Know 2)*

Cover – create space, kick, back to feet

Cover – trap arm to outside

Cover – trap arm to inside

Defending Strikes from the Mount

Cover and Timing Concepts

Delivering Strikes from the Mount

Get up and away

Drop elbows and scoop his defenses down, Pummel

Work to high mount

Ankle Lock Series *(Optional)*

Goshinjutsu

Gun

Front High

Front Low

Rear High

Rear Low

Grabs / Attacks

Wall Defense (2)

Nage Waza *(Proficiency for one of the two throws)*

Uchi Mata

Tama Garuma

Kata

Bassai

Pinan Godan

SHOSHIN RYU
— MARTIAL ARTS —