

Brown III to Brown II Curriculum

Kokoro Series

- 7 Times Down 8 Times Up
- Fearlessness
- Good Luck / Bad Luck

Kihon

Advance Existing Basics
Bunkai

Ne Waza

Kesa-Gatame Control (Top)

Various Submissions or Finishes
Various Control Concepts

Kesa-Gatame Escapes (Bottom)

Kesa-Gatame Around Head
Kesa-Gatame Under Arm

Situational Drilling for Kesa-Gatame

Goshinjutsu

Knife

Flow Drill
Hubud with Knife

Club

Front Slash
Back Slash
Overhead
Push
Stab/Spear (Drill)

Grabs / Attacks

Double Collar Grab (Close)
Single Collar Grab (Close)

Other

Ippon Kumite with Follow-ups

Nage Waza

Uki waza
Sumi Gaeshi

Yoko Wakare
Tani Otoshi

Tomoe Nage

Introduction to Countering

Kata

Konsan

Saifa

Goshinjutsu *(Philosophy)*

Fight/Flight/Freeze

Back Control and Submissions *(Know 2)*

Rear Naked Choke
Collar Choke
Collar and Arm Choke
Bow and Arrow Choke
Juji Gatame

Back Control Escapes

Attempted Seat Belt
Established Seat Belt

Situational Drilling for Back

