

Monroe County Martial Arts

Brown Belt

Kicks

front	jump front	jump tornado
half-moon	back crescent	jump reverse roundhouse
roundhouse	tornado	jump backside
side	thunder	drop back spin
inside crescent	back spin	jump outside crescent
outside crescent	jump roundhouse	jump 360 backside
backside	hook	jump reverse front
	axe	jump inside axe

Hand Techniques

horse stance-triple punch	inside knifehand	backfist
low block	ridge hand	outside hammer fist
high block	outside knifehand	spear hand
inside block	knifehand blocks	roundhouse elbow
outside block	tiger claw	
palm heel	upper cut	

Forms

Palgue 1-6

Self-Defense (ages 16 and up)

choke from front	gun defense high
choke from rear	gun defense low
mounted choke	gun finger lock
front hair pull	overhand stick strike
rear hair pull	forehand stick strike
front bear hug-arms pinned	backhand stick strike
rear bear hug-arms pinned	straight knife thrust
front bear hug-arms free	ice pick knife
rear bear hug-arms free	upper cut knife

Training Time: 4-6 months (2-3 classes per week)

Test Fee: \$55 (for children, this includes 2 striped-belt tests that follow)