

United Karate Centers

Brown Belt Curriculum

Meaning of Blue Belt? The color of the sky and ocean, our limits are as high as the sky and wide as the ocean.

Check in - Three questions we must ask ourselves before we do anything.

Where am I?

What am I doing?

Is it real?

Theme Forms

Four directional circle

Basic Form # 3

Tip Test Date and Instructor's signature_____

Grappling

Distance gauge, peek-a-boo block, clinch, front leg sweep, mount and maintaining mount, low swim, high swim, americano, armbar, punch block series, triangle choke.

Kali with Staff

17 angles of striking (single ended and double ended)

X Pattern (single and double ended)

Upward figure 8 (single and double ended)

Downward figure 8 (single and double ended)

Upward and downward with female triangle

Hour glass figure drill (high low, low high, single and double ended)

All patterns advancing and retreating then circling

8 count pattern (high high, low low, high low, low high single and double ended)

12 count pattern (high high, high low, low low, high low high, strike to the right high low high)

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Theme - Kicking

Front leg kicks after spinning kicks

Kicking Combination # 5: Butterfly kick to spinning hook to pop up front kick then left side (repeat)

Jump spinning crescent kick

Jump spinning hook kick

Jump spinning heel kick

Pass of jump spinning crescent

Pass of jump spinning hook kick

Pass of jump spinning heel kick

Low sweep

Low spinning sweep

Basic defense (offense)

Red Tip Test Date and Instructor's Signature _____