

ADULT
3rd DEGREE BROWN BELT REQUIREMENTS



FORMS	Kata #6 Single Nunchuck form
STRIKES	Inverted tigers mouth, Double eagle claws, Hooking spear, Downward scorpion kick, Flying side kick
SPARRING	The Jammer
POWERFUL WORDS	Turn in one each month!
GRAB DEFENSE	Full nelson
WEAPON DEFENSE	Gun - back
KNOWLEDGE	Kung Fu Knowledge 41-45
DM'S	Defense Maneuver # 22 Defense Maneuver # 23