

# BROWN BELT

ATTACK	STRIKE DEFENSE
R. Top of Head	L. Front Stance / High X Block Grab / R. Knee Strike / Spinning Arm Lock / R. Scoop Kick
R. Side of Head	L. Front Stance / L. Outside Arm Lock / R. Palm Strike / R. Throat Grab Judo Takedown / Ground n' Pound
R. Straight Punch	R. Front Stance / R. Bicycle Block / L. Wrist Grab / R. Knee Strike
R. Round Kick	R. Side Step / L. Leg Grab / R. Punch x 2 / R. Throat Grab Takedown / R. Ground Punch x 2 / Ankle Lock
L. Top of Head	L. Front Stance / High X Block Grab / R. Knee Strike / Spinning Arm Lock / R. Scoop Kick
L. Side of Head	L. Front Stance / L. Outside Arm Lock / R. Palm Strike / R. Throat Grab Judo Takedown / Ground n' Pound
L. Straight Punch	L. Front Stance / L. Bicycle Block / R. Wrist Grab / L. Knee Strike
L. Round Kick	R. Side Step / L. Leg Grab / R. Punch x 2 / R. Throat Grab Takedown / R. Ground Punch x 2 / Ankle Lock

ATTACK	GRAB DEFENSE
Rear Choke	Lean Forward To Shoulder Flip
Front Choke	Krav Defense
Headlock	Turn Face In / Trap Opponents Striking Arm / Inside How To Face Pull / Attack
Front Bear Hug	Lock Leg With Weaker Leg / Bite Or Headbutt / Strong Leg Knee To Groin
Rear Bear Hug	Drop Into Low Horse Stance / Arms Up Forward / Leg Behind Takedown And Go Down With Opponent / Strike On Ground
Same Side Wrist Grab	Hapkido Peel To 180 Dgree Takedown
Opposite Side Wrist Grab	Hapkido Joint Peel / Two Handed Downward Submit / Knee To Face