

BROWN RANK

**ESTIMATED
60-80 SESSIONS**

Brown Rank is the time for the student to devote focused digest practice to what has been learned so far. The student has gained proficiency in all of Green Rank Practice Set Green Rank, and now focuses on implementing implementation with precise speed, power and accuracy in each movement, while staying in synchronization with others.

HEAVY BAG DRILLS

The student is now grasping the different ranges of both outside, and in-close fighting, along with several stances and strategies to demonstrate fluidity and flowing force on combinations. Through previous rank practices, the student is now developing a “free style” with built-in defensive positioning elements that uses muscle memory. The student is becoming mentally digested through previous rank practices, and by the time one has achieved Brown Rank, they can implement previous combinations by name and will soon have good accuracy of each and every strike and move necessary for Black Rank.

HEAVY BAG COMBINATIONS

- **Brown Rank Combos:**

Repeat **RED RANK 4**, but add these endings:

- Hook, spinning back hammer, bob
- Slide out hook, spinning hook kick
- Slide out hook, fake spinning hook, cross over, back hammer from horse stance

INTERVAL BAG DRILL (Eight-One Drill):

Repeat **GREEN INTERVAL BAG DRILL**, completing the entire drill in 13 seconds.

SHADOW BOXING (CHOREOGRAPHY)

- **Brown Rank Practice Set 1:** Continue to practice **GREEN RANK PRACTICE SET 1**.
- **Brown Rank Practice Set 2:**
 - “Around the world” pattern using several previous rank patterns as the mode of each linier line
 - Adding lead leg kick or jump kick to each just before each turn
 - One specific kick to each turn, jumping jumping inside crescent returning home with a jump kick switch
- **Brown Rank Practice Set 3:** **REPEAT GREEN RANK PRACTICE SET 3**, but add a reverse strike in single mode and triangle bobs with uppercuts on transition.
- **Brown Rank Practice Sets 4-5:** Continue to practice **GREEN RANK PRACTICE SETS 4-5**, concentrating on the snap and power of the moves and foot work involved.

- **Brown Rank Practice Set 6 (Kata):**

- Blocks with 3 strikes
- Double knife with strikes
- Front kick turn and block
- Kick, step, step, kick with strikes
- Kick, jab, spinning hammer, reverse punch, front kick
- Round house, spinning hook, repeat and turn

LIGHT SPARRING DRILLS (optional):

- Controlled sparring (non-contact)