

BROWN

Partner-Work Register:

70 x **3 MINUTE** rounds of padwork, partner work, shadow boxing or Bagwork. Equates to an average of 6 rounds per week.

To be practiced IN or out of class, or at home. Record below and submit this form with your grading form prior to grading.

Rounds: W1 ___ W2 ___ W3 ___ W4 ___ W5 ___ W6 ___ W7 ___ W8 ___ W9 ___ W10 ___ W11 ___ W12 ___ TOT **70 Rnds**

Progress Check 1

Three Battles [Youtube](#) (8-11) : To Collar Choke.

Lock Flow 1-11: Youtube	1. Knife Hand Wrist Lock	5. Bicep Press	9. Knife Hand Wrist Lock
	2. Overhook Praying Armbar	6. Goose Neck	10. Hammer Lock Backwards
	3. Butterfly Wrist Lock	7. Arm Bar from bottom	11. Hammer Lock Forwards
	4. Chicken Wing Lock	8. Arm Bar from top	

Baton Defence TWO prepared UNARMED defences with disarm for strikes 1 & 2

Revision of full syllabus

Self Defence	Turtle - Face Down - Head Lock and Hooks in	1) BJJ rules with submission
		2) Streetwise (no rules)

Progress Check 2

Three Battles (12-20) : Pierce body - Tear - Bear Hug Escape (3 times)

Baton Defence TWO prepared UNARMED defences with disarm to strike 5

Revision of full syllabus

Demonstrate FIVE Leg / Ankle Locks / Submissions (Take care! Leg joints break before pain is felt)

Self Defence	Back Control with Head Lock - Face Up & Hooks in	1) BJJ rules with submission
		2) Streetwise (no rules)

Progress Check 3

Revision of full syllabus

Pushups & Situps 75 of each

Grading Includes:

Grade a student It is a grading requirement for you to grade a lower level student.

Sparring 4 x 3 min

Thai Pads (Shin & Belly Pad) 3 x 3 min

Belt Theme: HONOUR

"Every action of our lives touches on some chord that will vibrate in eternity." - *Sean O'Casey - Irish Playwright (1880-1964)*

"A person is for one generation, but honoUr is for all generations."

Honour is to value and maintain your good name and esteem, by acting in an ethical, and morally just fashion.

The way in which you train with others reflects directly on how they see you.

Train in an honourable way, and you will soon earn the respect of your peers. Train seriously, in a way that others will respect.

A person who doesn't care about what anyone thinks, may act in a selfish manner. Maintain high ethical standards in all that you do.□