

## Level 6 – Brown Black Belt

### Tip Test

#### Strikes

1. Parry/slip 2, counter 7,3
2. Slip jab, counter to body, step cross hook
3. Slip 2, counter to body, pivot, uppercut, left hook
4. Axe kick, low round, switch back side kick
5. Entry technique, front kick (shield)

#### Blocks/Footwork/Movement

1. Guard destruction drill (huen sau)
2. Visor to collar tie
3. Visor to bicep tie arm
4. Dragon squat

#### Chi Sau

1. Double arm chi sau: hip throw
2. Collar tie: elbow bump

#### Techniques

1. Head-arm choke standing
2. Lapel choke standing
3. Defend stick attack forehand (unarmed)
4. Defend stick attack forehand (armed response)
5. Baton strikes – 15 angles
6. (Trapping Hands) attack sequence 7: back fist, spin side kick
7. Single leg takedown
8. Defend single leg takedown

## Level 6 – Brown Black Belt

### Belt Test

#### Forms

1. Sil Lum Tao – Complete
2. Chum Kil – first and second section

#### Strikes

1. Slip jab counter to body, step to right, cross, hook
2. Slip 2, counter to body with 2, left rip 7, pivot to left, 6,3
3. Axe kick, low round, switch back oblique kick 1,2,5
4. Axe kick, low round, switch back side kick spin side kick 5,2,3

#### Blocks/Footwork/Movement

1. Guard destruction drill (Iarp sau)
2. Shell to collar tie, bicep tie
3. Sprawl

#### Chi Sau

1. Double arm chi sau: knee strike to front choke
2. Double arm chi sau: knee strike to reaping sweep
3. Collar tie: Shucking single collar tie to Russian tie

#### Techniques

1. Apply rear choke standing
2. Apply ½ nelson lapel choke
3. Defend stick attack back hand (unarmed)
4. Defend stick attack backhand (armed)
5. Defend stick attack overhead (unarmed)
6. Defend stick attack overhead (armed)
7. Baton, defend backhand strike block 12, 1, 2
8. Baton, defend forehand strike block 7, 2, 1
9. Counter disarm attempt (roll and rip)
10. Takedown – double leg
11. Defend double leg (sprawl)

#### Wooden Dummy

Set 1 and 2: 20 movements

**History of WC typed and bound.**