

3RD BROWN SELF DEFENSE TECHNIQUES

1. **DOMINATING CIRCLES** - (Front right cross shoulder grab)
2. **TWIST OF FATE** - (Front two hand push)
3. **FLASHING MACE** - (Front right step through punch)
4. **DETOUR FROM DOOM** - (Front right roundhouse kick)
5. **GIFT OF DESTINY** - (Front handshake)
6. **BLINDING SACRIFICE** - (Front two hand choke)
7. **RETURNING STORM** - (Front inward roundhouse & back hand club)
8. **GLANCING SPEAR** - (front right direct wrist grab)
9. **ENCOUNTER WITH DANGER** - (Front two hand push)
10. **GATHERING CLOUDS** - (Front right punch)
11. **CIRCLE OF DOOM** - (Front right straight kick)
12. **SQUATTING SACRIFICE** - (Rear bear hug - arms free)
13. **FALLEN CROSS** - (Rear two hand choke)
14. **BRUSHING THE STORM** - (Right flank right step through overhead club)
15. **DESPERATE FALCONS** - (Front two hand grab - both wrists)
16. **CIRCLING THE HORIZON** - (Front right step through punch)
17. **GRIPPING TALON** - (Front left direct grab to right wrist)
18. **BROKEN RAM** - (Front tackle)
19. **CIRCLING DESTRUCTION** - (Front left step through punch)
20. **OBSCURE CLAWS** - (Right flank left hand shoulder grab)

Forms and Sets

Long Form 3

Stance Set 2

SAYINGS

- **Immobility can cause vulnerability if strategy to avoid it is not planned.**
- **Control of your emotions is necessary to enable you to handle a threatening situation with confidence and sound judgment.**
- **Prolonged target exposure invites unwarranted dangers.**
- **While in combat, the position of your body is not only important in terms of defense, but essential to offense as well.**
- **Strategy should be used so that specific conditions in a conflict are made to happen.**
- **Although one can learn from his own mistakes, to capitalize on another's mistakes is much wiser.**
- **Mastery of the Art comes when the tiger is seen, but the dragon prevails.**
- **To get the most from mass, combine it with directional harmony.**
- **Speed increases the impact of mass.**
- **The origin of committed action is hard to detect when the body is in constant motion**



Third Degree Brown Belt Pledge: I pledge that as my skill as a teacher progresses I will never condemn, ridicule, embarrass, or shame any student or fellow instructor in the presence of a class or group. All grievances or disputes shall be conducted in a private away from group observation.