

Force Five Brown Belt Test

Name of Student _____ Age _____ Date of test _____
 Do not lose this test form. Present this form to your Instructor for grading on date of your test.

1ST DEGREE STRIPE

Escapes From Each Of The
Ten Positions _____

2ND DEGREE STRIPE

Questions
Color code _____

Four Swords Drill _____

7 Elbow drill _____

20 point drill _____

3RD DEGREE STRIPE

Kicks
Ax kick _____

Spinning heel kick _____

At least 5 take downs _____

Sweeps _____

Leg traps _____

At least 3 throws _____

4TH DEGREE / RED STRIPE

Wrist Grab Defense (Cross)
Forearm Strike _____

Grab Defense (Double Lapel)
Raising Double Wrist Grab _____

Choke W/Arm Defense (From Behind)
Step Groin Strike _____

Head Lock Defense
Hand Between Heads _____

Tackle Defense _____

**Specialist Defense All Self-Defense From White
To Brown** _____

Discipline _____ Spirit _____ Kiai _____

Please Learn	Polish	Good	Very Good	Excellent
1	2	3	4	5