

## Extreme HEET Brown Belt Requirements

### **Blocks**

Face block  
Chest block

### **Kicks**

Front thrust kick in defensive stance  
Hook kick in horse stance  
Inside crescent kick  
Outside crescent kick

### **Takedowns**

One hand on collar takedown  
Two hands on collar takedown  
Two arm shoulder throw

### **Hold Escapes**

2 hands on throat from the side arms extended  
2 hands on throat from the side arms bent  
1 hand on lapel arm bent  
1 hand on lapel arm extended  
2 wrist grab from rear held close

### **Grappling / Ground defense**

Snake Bite (2 or 1 hand on throat (Snake bite))  
Snake squeeze and transition to full mount  
Combination (base push and pull with sneaky pull, lay down, snake bite, snake squeeze, transition to full mount, bulldozer, crazy horse)

### **Vision**

Student will write a paragraph on the what the word GOALS means to them. They must also provide a personal example.