

Brown Belt

Written Material Review

- 1) What is the Chinese term for 3rd Grade, Brown Belt?
- 2) What does the color Brown represent?
- 3) What is the "image" of the Brown Belt Stylist?
- 4) What are the two elements of the snake stylist?
- 5) What does Ch'i represent to the Snake Stylist?
- 6) Describe the "Unbendable Arm" exercise.