

Brown Belt testing for Brown Stripe

Questions

What are the 5 tenets of Taekwondo?

Courtesy, Integrity, Perseverance, Self Control, and Indomitable Spirit.

Who is a winner?

A person with a positive personality.

Terminology

English

Tiger Stance

Spreading Block

Middle Block

Single Knife Block

Life Energy

Center of Life Energy

Korean

Buhm Suh Gee

Hecho Makki

Mum Tung Makki

Han Sun Nahl Makki

Ki

Dohn John

Hand Techniques

1) Palm Block Down, Slide into Punch

2) Reverse Chop

Kicking

1) Round Kick, Double Round Kick

2) Fast Kick, Jump Back Kick

3) Walking Jump Spin Round Kick**

4) Flying Back Kick**

Self Defense Techniques (Ho Shin Sool)

(must be done on both left and right side)

Brown Belt 1 - 2

Form

Taeguk Chil Jang

Breaking

3 Targets

Punch or Jump Side Kick or Jump Back Kick

2 Techniques Of Your Choice

Physical Fitness

Continuous Round Kicks (Bouncing Style) 50 Each Leg (100 Total)

Rising Kick (Heel Clears The Top Of The Head) (Over 30 Years Old At Instructors' Discretion)

Experience:

Minimum 36 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**