

# Brown Stripe testing for Red Belt

## Questions

What benefits do you get from Taekwondo?  
(Answer in your own words).

## Terminology

### English

Class Dismissed  
Self Defense Techniques  
Gold Belt Form  
Gold Stripe Form  
Green Belt Form  
Green Stripe Form  
Blue Belt Form  
Blue Stripe Form  
Brown Belt Form  
Brown Stripe Form

### Korean

Suh Rhun Kuht  
Ho Shin Sool  
Taeguk Il Jang  
Taeguk Ee Jang  
Taeguk Sam Jang  
Taeguk Sa Jang  
Taeguk O Jang  
Taeguk Yuk Jang  
Taeguk Chil Jang  
Taeguk Pahl Jang

## Hand Techniques

- 1) Spreading Block, Double Palm Strike
- 2) Ridge Hand

## Kicking

- 1) Spin Kick, Round Kick
- 2) Jumping Ax Kick, Slide Away Round Kick (Paday Chagee)
- 3) Jump Skip Hook Kick\*\*
- 4) Jump Spin Round Kick (Naram Bam)\*\*

## Self Defense Techniques (Ho Shin Sool)

(must be done on both left and right side)

Brown Stripe Belt 1 - 2

## Form

Taeguk Pahl Jang

## Breaking

- 4 Targets  
Jump Side Kick or Jump Back Kick  
Punch  
2 Techniques Of Your Choice

## Physical Fitness

- Push-Ups (Male 30, Female 20)  
Sit-Ups – 60  
Show Proper Technique (Splits)

## Experience

Minimum 36 Classes

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