



PARK'S WORLD TAE KWON DO

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BROWN BELT REQUIREMENTS

<Brown belt to Red & Black belt>

- 1. BASIC STANCES**
- 2. TEN BASIC MOTIONS**
- 3. FORWARD HANDS TECHNIQUE**
- 4. TEN STEP**
- 5. FORWARD KICKING COMBINATION**
- 6. FALLING TECHNIQUE (NAK BUP)**
- 7. SELF-DEFENSE**
- 8. FORM**
- 9. BREAKING**
- 10. TEN COMMANDMENTS**
- 11. SPARRING**
- 12. TERMINOLOGY TEST – Please flip over**
- 13. PROMOTION QUALIFICATION**
 - 1) 2 – 2 ½ months & up to 12 classes**
 - 2) Instructor's approval**
- 14. ALL EQUIPMENTS**

BROWN BELT EDUCATION GUIDE

1. BELT MEANING

-The sun which is the source of all energy.

The student has endured the great discipline of mind and body.

2. TERMINOLOGY

ENGLISH

Form
Self defense
Breaking
Stop
Meditation

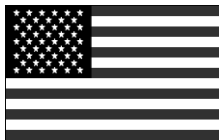
KOREAN

Poom sae
Ho shin sul
Kyuk pah
Geu mahn
Muk shang

3. What is the purpose of stretching exercises?

-Stretching allows you to develop greater flexibility. Greater flexibility allows for greater speed in the execution of techniques. It also gives you a better and larger range of possible targets an opponent.

4. The explanation of American Flag?



-The American flag has 3 colors which are red, white and blue. There are fifty stars which represent fifty states. There are thirteen stripes representing the original thirteen Colonies, seven red and six white.

5.

TEN COMMANDMENTS

1. Be loyal to your country.
2. Be loving and show fidelity to your parents.
3. Be loving between husband and wife.
4. Be co-operative between brothers and sisters.
5. Be faithful to your friends.
6. Be respectful to your elders.
7. Establish trust between teacher and student.
8. Think before killing any living thing.
9. Never retreat in battle.
10. Always finish what you start.....SIR!