

BROWN BELT*(Testing Brown to High Brown)***Physical Requirements:**

- 1) ATTENDANCE
 - A) Minimum of 50 classes
 - B) Attend a minimum of two sparring classes per month

- 2) HAND TECHNIQUES
 - A) Double middle fist block
 - B) Double low fist block
 - C) Mountain block
 - D) Uppercut punch to jaw
 - E) All previous hand techniques

- 3) KICKS
 - A) 360⁰ spinning hook kick
 - B) Jumping front – axe kick combination
 - C) Backwards butterfly kick
 - D) All previous kicks

- 4) KICKING SEQUENCES
 - A) Roundhouse kick, low/high double roundhouse kick, 360⁰ back kick
 - B) Roundhouse kick, skipping front leg roundhouse kick, 360⁰ spinning hook kick
 - C) Roundhouse kick, skipping front leg axe kick, backwards butterfly kick

- 5) STANCES
 - A) All previous stances

- 6) FORM
 - A) Taegeuk Pal Jang
 - B) All previous forms (ADULTS ONLY)

- 7) IL BO GYORUGY (1-STEP SPARRING)
 - A) Number 1
 - i) Step with left foot to the left and left hand palm block/use the palm block to slide down the arm and grab the wrist/perform a wrist lock by rotating the hand towards the outside of the body and simultaneously pressing the hand forward/continue pressure to take down
 - B) Number 2
 - i) Step with right leg/left hand reverse single middle knife hand block/right hand punch to the throat/spin under arm to a shoulder lock
 - C) Number 3
 - i) Step with right leg/left hand reverse single middle knife hand block/right hand palm strike to the nose/wrap right hand around neck to choke

- 8) OLYMPIC SPARRING

- 9) ROLLING AND FALLING
 - A) All falls and rolls from standing

BROWN BELT*(Testing Brown to High Brown)***Physical Requirements Continued:**

9) SELF-DEFENSE

- A) Bear hug under arms
 - i) Use opposite hand to secure his/her top hand. Use other hand to grab a finger and pull back to break it.

- B) Bear hug over arms
 - i) Stomp on foot. Move hips out to the side and hammer fist to groin.

- C) Head lock
 - i) Use outside hand to pull down on the choking arm. Other arm elbow strike to ribs. Take down in most convenient direction (depending on natural leg and hip position, pull backwards or push forwards so the attacker falls over your leg and hip).

- D) All previous self defense techniques

10) BOARD BREAKING

- A) Spinning hook kick or Master's choice

11) STRENGTH TEST

- A) 30 pushups
- B) 30 situps

12) ENDURANCE TEST

- A) 2 minutes of Master's Choice (nonstop kicking on paddles)

13) INTRA-SCHOOL TOURNAMENT (CHILDREN ONLY)

- A) Participate in an intra-school tournament within eight months of testing for high brown belt

BROWN BELT

(Testing Brown to High Brown)

Mental Requirements:

- 1) WHAT IS THE MEANING OF THE BROWN BELT?
 - The brown belt represents Earth – your Taekwondo skills should be solid like the mountains. SIR/MA'AM!
- 2) HISTORY OF TAEKWONDO
 - Study from the history in the manual's introduction section on page 3.
- 3) WHAT IS THE MEANING OF TAEGEUK PAL JANG?
 - The eighth Taegeuk form signifies earth. SIR/MA'AM!
- 4) NAMES, SYMBOLS, AND MEANINGS OF ALL EIGHT TAEGEUK FORMS
 - Study from the manual's introduction section on page 4.
- 5) IDENTIFY THE IMPORTANCE OF TAEGEUK POOMSE (FORMS) IN TAEKWONDO TRADITION.
 - Study from the manual's introduction section on page 4.
- 6) KOREAN TERMINOLOGY
 - 360° Spinning hook kick – Sam Beck Youghship-Hurio Chaggie
 - Jumping front – axe kick combination – Timio Ap-Tchigo Chaggie
 - Backwards butterfly kick – Whojin Naraban Chaggie
- 7) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK.
 - 360° Spinning hook kick – Back of the heel
 - Jumping front – axe kick combination – Ball of the foot for jumping front kick and back of the heel for axe kick
 - Backwards butterfly kick - Instep (Top)
- 8) PERFORM THE COMMANDS TO BOW INTO AND OUT OF CLASSES
(see introduction section of the manual, page 9)
- 9) KNOW HOW TO ADDRESS INSTRUCTORS
 - Kwanjangnim: Head master
 - Sabumnim: Master (4th degree or higher)
 - Kyosanin: Instructor (2nd and 3rd degree black uniform instructors)
- 10) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)
- 11) ALL PREVIOUS MENTAL REQUIREMENTS

Taegeuk Pal Jang

