

**HIGH BROWN BELT\***

*(Testing High Brown to 1st Degree Black)*

**Physical Requirements:**

- 1) ATTENDANCE
  - A) Fulfill the attendance requirements upon entering the Black Belt Candidate program
  
- 2) HAND TECHNIQUES
  - A) C-block
  - B) Outside middle block
  - C) All previous hand techniques
  
- 3) KICKS
  - A) All previous kicks
  
- 4) KICKING SEQUENCES
  - A) Master's Decision
  
- 5) STANCES
  - A) All previous stances
  
- 6) FORM
  - A) Chonji
  - B) Dangun
  - C) Taegeuk numbers 1-8
  
- 7) IL BO GYORUGY (1-STEP SPARRING)
  - A) Demonstrate knowledge and ability to execute all techniques for blue - brown belts
  
- 8) OLYMPIC SPARRING
  - A) Against one opponent
  - B) Against two opponents
  
- 9) SELF DEFENSE
  - A) Demonstrate knowledge and ability to execute all techniques for white - brown belts.
  
- 10) BOARD BREAKING
  - A) Five boards fulfilling the requirements given during candidacy
  
- 11) STRENGTH TEST
  - A) 50 pushups
  - B) 50 situps
  
- 12) ENDURANCE TEST
  - A) Two rounds of Master's Choice - Two minutes each round with a 30 second break in between

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### **Mental Requirements:**

*Note: Mental requirements will be in the form of a written test prior to the physical black belt testing.*

- 1) ESSAY: Prompts will be assigned by instructors during candidacy.  
(2 pages, typed, double spaced, standard font and margins)
- 2) WHAT IS THE MEANING OF THE HIGH BROWN BELT?
  - The high brown belt signifies maturity and being ready to accept responsibility.
- 3) WHAT DOES WT STAND FOR?
  - World Taekwondo
- 4) NAME THE WT FORMS THAT YOU KNOW
  - All Taegeuks are WT forms, students should know the name of all eight.
- 5) WHAT DOES ITF STAND FOR?
  - International Taekwondo Federation
- 6) NAME THE ITF FORMS THAT YOU KNOW
  - Chonji and Dangun
- 7) BE ABLE TO IDENTIFY KEY COMPONENTS TO EXECUTING EACH KICK CORRECTLY
- 8) KOREAN TERMINOLOGY FOR ALL KICKS
- 9) KOREAN TERMINOLOGY FOR HAND TECHNIQUES AND STANCES (Adults only)
- 10) ALL PREVIOUS MENTAL REQUIREMENTS

### **Other Requirements:**

- 1) MINIMUM 3.0 GPA OR EQUIVALENT FOR STUDENTS
- 2) COMMUNITY SERVICE

\* BLACK BELT TESTING REQUIREMENTS ARE SUBJECT TO MODIFICATION PER THE MASTERS' DISCRETION.