

Requirements for Brown Belt test

Terminology & Questions

ANPALMOK – inner wrist

BAKAT PALMOK – outer wrist

YOP MAKGEE – side block

BATANG SON – palm heel

Why do we practice “one step sparring”?

We practice “one step sparring” to develop effective offense and defense, control of distance, precision, speed, and reaction time.

Why do we meditate?

We meditate to develop spiritual energy. It helps us to achieve deeper insight, greater awareness, and a feeling of calm and relaxation.

41 – 50: marhun hana, marhun dool, marhun set, marhun net, marhun dauset, marhun yauset, marhun ilgop, marhun yadaull, marhun ahop, shehun

Required kicks/punches/blocks/strikes

- 1) SKIP DOUBLE ROUNDHOUSE KICK AND WALKING BACK HOOK KICK
- 2) Roundhouse kick, back stance, double knife hand block
- 3) Front snap kick, back stance, double wrist block
- 4) Side kick, horseback riding stance, neck chop

Required form – “Taegeuk Yuk Jang”

- 1) Joonbee
- 2) Turn left 90 degrees – left front stance – left down block
- 3) Right front kick; pull right leg back – back stance – left outer wrist block
- 4) Turn right 180 degrees – right front stance – right down block
- 5) Left front kick; pull left leg back – back stance – right outer wrist block
- 6) Turn left 90 degrees – left front stance – right hand knife hand high block (inside to outside)
- 7) Right roundhouse kick – pull right leg back so feet are together – left fist at left hip, right arm at 45 degrees from side of body
- 8) Step forward with left leg – front stance – left high block – right middle punch
- 9) Right front kick – right front stance – left middle punch
- 10) Turn right 180 degrees – right front stance – right high block – left middle punch
- 11) Left front kick – left front stance – right middle punch
- 12) Step back with left foot while turning 90 degrees to left – feet shoulder width apart – double low block
- 13) Right step forward – front stance – left hand knife hand high block (inside to outside)
- 14) Left roundhouse kick – KIYUP! – pull left leg back so feet are together – right fist at hip, left arm 45 degrees from side of body – turn 270 degrees right to right front stance – right down block
- 15) Left front kick; pull left leg back to back stance – right outer wrist block

- 16) Turn left 180 degrees – left front stance – left down block
- 17) Right front kick; pull right leg back into back stance – left outer wrist block
- 18) Move right foot to left back stance – double knife hand block
- 19) Step back with left leg into right back stance – double knife hand block
- 20) Step back with right leg into left front stance – left hand palm block – right middle punch
- 21) Step back with left leg into right front stance – right hand palm block – left middle punch – KIYUP!
- 22) Step left leg forward - Baro!

Required One Step Sparring techniques

1 - Inner foot block (right leg)
Right leg side kick

2 - Outer foot block (left leg)
Right leg jumping front kick

3 - Inner foot block (right leg)
Spin into left leg back kick

4 – Inner foot block (right leg)
Spin into left leg hook kick

5 - Inner foot block (right leg)
Spin into right foot tornado kick

Required breaks

13 years and up

Punch(2)/Walking Wheel Kick/Jump Front Kick

12 years and younger

Punch/Walking Wheel Kick/Back Kick