

Requirements for Brown Stripe Belt test

Terminology & Questions

DEUNG JOOMEOK – back fist

MOK CHEEGEE – neck chop

KYUKPA – breaking

HOSHINSOOL – self defense techniques

What are the 5 tenets of Tae Kwon Do?

What is the meaning of the American Flag?

What is a winner? A person with a positive personality

Required kicks/punches/blocks/strikes

- 1) Double Roundhouse Kick, Jump spinning Roundhouse Kick and Jump Back Hook Kick
- 2) Front kick, down block middle punch, front stance
- 3) Roundhouse kick, high block high punch, front stance
- 4) Front kick, block and spear finger, front stance

Required form – “Taegeuk Chil Jang”

- 1) Joonbee
- 2) Turn left 90 degrees – cat stance – right palm block
- 3) Right front snap kick; pull back into cat stance – left inner wrist block
- 4) Turn 180 degrees to right – cat stance – left palm block
- 5) Left front snap kick; pull back into cat stance – right inner wrist block
- 6) Turn left 90 degrees – double knife hand down block (left hand in down block position using knife hand, right hand should be waist high using knife hand)
- 7) Step forward into back stance – double knife hand down block (right hand down, left hand waist high)
- 8) Turn left 90 degrees while sliding left foot into cat stance – left arm comes across body like you are trying to break the hold of someone grabbing your chest – right palm block (right elbow just above extended left hand) – right back fist
- 9) Turn right 180 degrees cat stance – right arm across body – left palm block – left back fist
- 10) Turn left 90 degrees – feet together – bring hands in front with left holding right fist
- 11) Step forward with left foot – front stance – right low block with left outward middle block – left low block with right outward middle block - right low block with left outward middle block
- 12) Step forward with right foot – front stance - left low block with right outward middle block - right low block with left outward middle block - left low block with right outward middle block
- 13) Cross hands high on chest – turn left 270 degrees – front stance – inside to outside double forearm block (fists tight/ palms out)
- 14) Pull “head” down and knee-smash into right knee – leap forward onto right

- foot bring left foot up behind it – double kidney strike – move left foot back into front stance – “X” block low (right hand over left)
- 15) Cross hands on chest – turn right 180 degrees – front stance - inside to outside double forearm block (fists tight/ palms out)
 - 16) Pull “head” down and knee-smash into left knee – leap forward onto left foot bring right foot up behind it – double kidney strike – move right foot back into front stance – “X” block low (left hand over right)
 - 17) Bring left foot back – feet together – look 90 degrees left – left hammer fist in direction you are looking
 - 18) Open left hand – right foot crescent kick hitting right foot on left palm – horseback riding stance – right elbow strike into left palm
 - 19) Pull right foot back to left foot – look 90 degrees right – right hammer fist in direction you are looking
 - 20) Open right hand – left foot crescent kick hitting right palm – horseback riding stance – left elbow strike into right palm
 - 21) Pull left foot back slightly into back stance – left hand knife hand block
 - 22) Grab with left hand – step forward with right foot into horseback riding stance while doing right middle punch – KIYUP!
 - 23) Turn left 180 degrees moving left foot – Baro!

Required One Step Sparring techniques

1 - Run up to opponent
Two jumping front kicks

2 - Run toward opponent
Right leg jumping (or flying) roundhouse kick

3 - Run up to opponent
Right leg jumping side kick

4 - Run toward opponent
Right leg flying side kick

5 - Run up to opponent
Right leg jumping back kick

Required breaks

13 years and up

Reverse Knife Hand/Roundhouse Kick/Jump Side Kick/Jump Back Kick

12 years and younger

Sodo(2)/Roundhouse Kick/Jump Front Kick/Jump Back Kick