



Brown Stripe testing for Red Belt

Questions

What benefits do you get from Taekwondo?
(Answer in your own words).

Terminology

English

Class Dismissed

Self Defense Techniques

Gold Belt Form

Gold Stripe Form

Green Belt Form

Green Stripe Form

Blue Belt Form

Blue Stripe Form

Brown Belt Form

Brown Stripe Form

Korean

Suh Rhun Kuht

Ho Shin Sool

Taeguk Il Jang

Taeguk Ee Jang

Taeguk Sam Jang

Taeguk Sa Jang

Taeguk O Jang

Taeguk Yuk Jang

Taeguk Chil Jang

Taeguk Pahl Jang

Hand Techniques

1) Ax Kick, Tiger Mouth

2) Back Kick, Back Fist

Kicking

1) Round Kick, Spin Kick

2) Jumping Ax Kick, Slide Away Round Kick (Paday Chagee)

3) Jump Skip Hook Kick**

4) Jump Spin Round Kick (Naram Bam)**

Self Defense Techniques (Ho Shin Sool)

(must be done on both left and right side)

Brown Stripe Belt 1 - 2

Form

Taeguk Pahl Jang

Breaking

4 Targets

Jump Side Kick or Jump Back Kick

Punch

2 Techniques Of Your Choice

Physical Fitness

Push-Ups (Male 30, Female 20)

Sit-Ups – 60

Show Proper Technique (Splits)

Experience

Minimum 36 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**