



Blue Stripe testing for Brown Belt

Questions

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.

Terminology

English

Ridge Hand
Hammer Fist
Two Finger Eye Strike
Reverse Punch
Ax Kick
Rising Kick

Korean

Yuk Soh
May Ju Mohk
Yee Gee Kwan Sue
Bahn Day Jeer uh Gee
Chiga Cha Gee
Bahl Ahl Yohl Cha Gee

Hand Techniques

- 1) Front Snap Kick, Two Finger Eye Strike
- 2) Neck Chop

Kicking

- 1) Round Kick, Walking Back Hook Kick
- 2) Fake Front/Round Kick, Round Kick, Round Kick
- 3) Jumping Ax Kick**

Form

Taeguk Yuk Jang

Breaking

- 3 Targets
- Chop
- Round Kick
- 1 Technique Of Your Choice

Physical Fitness

- Push-Ups (Male 20, Female 16)
- Sit-Ups 50 (Male & Female)
- Show Proper Technique (Splits Seated)

Experience

Minimum 30 Classes

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