

**BROWN BELT***(Testing Brown to High Brown)***Physical Requirements:**

- 1) KICKS
  - A) Low-high double roundhouse
  - B) Double roundhouse leading with the front leg
  - C) All previous kicks
  
- 2) HAND TECHNIQUES
  - A) All previous hand techniques
  
- 3) STANCES
  - A) All previous stances
  
- 4) FORM
  - A) Chongi Hyong
  - B) Tangoon Hyong
  - C) Dosan Hyong
  - D) All previous forms (Adults Only)
  
- 5) FREE SPARRING
  - A) Attend a minimum of two sparring classes per month
  
- 6) BOARD BREAKING
  - A) Master's choice
  
- 7) PHYSICAL TEST
  - A) 30 pushups
  - B) 30 situps
  
- 8) ENDURANCE TEST
  - A) 2 minutes of Master's Choice (nonstop kicking on paddles)
  
- 9) IL BO GYORUGY (1-STEP SPARRING)
  - A) Creative 1-step sparring
    - i) 20 techniques, include joint locks
  
- 10) ANJA GYORUGY (KNEE SPARRING)
  - A) Children repeat numbers 5-8
  - B) Adults perform numbers 1-8
  
- 11) INTRA-SCHOOL TOURNAMENT (CHILDREN ONLY)
  - A) Participate in an intra-school tournament within 8 months prior to testing for high brown belt
  
- 12) SELF-DEFENSE (ADULTS ONLY)

The theme for the brown belt self-defense is to make it natural

  - A) Random grabs from previous self-defense techniques.



## **BROWN BELT**

*(Testing Brown to High Brown)*

### **Mental Requirements:**

- 1) WHAT IS THE MEANING OF THE BROWN BELT?
  - The brown belt represents Earth – your Taekwondo skills should be solid like the mountains. SIR/MA'AM!
- 2) HISTORY OF TAEKWONDO
  - Study from the history in the manual's introduction section.
- 3) NAMES, SYMBOLS, AND MEANINGS OF ALL EIGHT TAEGEUK FORMS
  - Study from the manual's introduction section.
- 4) IDENTIFY THE IMPORTANCE OF TAEGEUK POOMSE (FORMS) IN TAEKWONDO TRADITION.
  - Study from the manual's introduction section.
- 5) ALL PREVIOUS MENTAL REQUIREMENTS