

HIGH BROWN BELT

(Testing High Brown to 1st Degree Black)

Physical Requirements:

- 1) ATTENDANCE
 - A) Fulfill the attendance requirements upon entering the Black Belt Candidate program
- 2) KICKS
 - A) All previous kicks
- 3) HAND TECHNIQUES
 - A) All previous hand techniques
- 4) STANCES
 - A) All previous stances
- 5) FORM
 - A) Eight Taegeuks
 - B) Three previous Hyongs
 - C) Won Yo Hyong
- 6) FREE SPARRING
 - A) Fight against two opponents
- 7) BOARD BREAKING
 - A) Five boards, creative combination including at least one, but no more than two, hand techniques
- 8) PHYSICAL TEST
 - A) 50 pushups
 - B) 50 situps
- 9) ENDURANCE TEST
 - A) Two rounds of Master's Choice – Two minutes each round with a 30 second break in between
- 10) IL BO GYORUGY (1-STEP SPARRING)
 - A) Creative 1-step sparring
 - i) 25 techniques
- 11) ANJA GYORUGY (KNEE SPARRING)
 - A) Perform numbers 1-8
- 12) COMMUNITY SERVICE



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Mental Requirements:

Note: Mental requirements will be in the form of a written test prior to the physical black belt testing.

- 1) WHAT IS THE MEANING OF THE HIGH BROWN BELT?
 - The high brown belt signifies maturity and being ready to accept responsibility.
- 2) ALL PREVIOUS MENTAL REQUIREMENTS FROM WHITE THROUGH BROWN BELT.
- 3) KOREAN TERMINOLOGY FOR ALL KICKS
- 4) KOREAN TERMINOLOGY FOR HAND TECHNIQUES AND STANCES (ADULTS ONLY)
- 5) ESSAY: Why do I want a black belt in Taekwondo, what does a black belt mean to me, and what are my goals? (2 pages, typed and double spaced)
- 6) MINIMUM 3.0 GPA OR EQUIVALENT FOR STUDENTS