



## BROWN BELT MATERIAL

### TRADITIONAL FORMS - GREEN STRIPE

**CHOONG-MOO:** 30 moves. Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor to the present day submarine. This form ends in a left handed attack to symbolize his regrettable death at an early age before reaching his full potential.

### SPARRING & SPARRING COMBINATIONS - RED STRIPE

**ALL PREVIOUS COMBINATIONS:** Beginner and Brown Belt combinations

**SPARRING PROFICIENCY:** 1-on-1, 2-on-1

**COMBINATION 1:** Step, step together, jump front kick, backfist, cross, kihap

**COMBINATION 2:** J-step side kick, spinning hook kick, backfist, cross, kihap

**COMBINATION 3:** lunge punch, tornado kick, spinning backfist, cross, kihap

### SELF-DEFENSE - WHITE STRIPE

- **KNIFE DEFENSE 4:** Step to the side with your left foot and right side area block. Trap opponent's hand with your left hand and swing your arms around in a counter-clockwise motion. Adjust your grip for a wrist lock and front kick to the body. Step backwards with your left foot and throw opponent to the ground. Finish with a kick to the head.
- **GUN DEFENSE 4:** With your hands raised, turn towards attacker blocking their arm out of the way and securing the wrist. Palm heel strike to the face. Downward ridge hand to opponent's elbow and figure 4 lock their arm. Step backwards and throw opponent to the ground. Finish with strikes to the head and body.

### BLACK BELT ATTITUDE - BLACK STRIPE

**MINIMUM OF 6 BLACK STRIPE REQUIRED:** The most important aspect of martial arts training is that of respect. As you move forward in belt rank, the importance of respect increases. Instructors will expect continued improvement to qualify for this stripe. Turn in the required responsibility sheets after they are completed.

### PHYSICAL FITNESS REQUIREMENTS

**PUSH-UPS:** survive

**SIT-UPS:** survive

**SQUATS:** survive

### BOARD BREAKING REQUIREMENTS

**KIDS (≤60 LBS):** 1/2 board x 3

**KIDS (60-125 LBS):** 3/4 board x 2, 1 full board x 1

**ADULTS:** 2 full board x 3

### INFORMATION

**ALL PREVIOUS FORM INFORMATION:** Know the meanings of each form and the pattern. Additionally, know belt specific material.