

BROWN BELT REQUIREMENTS

BLOCKS :

**GUARDING BLOCK, DOUBLE LOW GUARDING BLOCK,
SINGLE MOUNTAIN BLOCK (DOWN BLOCK, BACK FIST)**

STRIKES :

PULL AND JAW STRIKE (UPPER CUT)

KICKING :

DOUBLE JUMP FRONT KICK (FORWARD & STATIONARY)

STANCES :

CROSS STEP, DIAMOND STANCE

SELF DEFENSE :

CREATE TWO (2) EFFECTIVE SELF-DEFENSE TECHNIQUE

SPARRING :

**ROUND, ROUND, APBAL, APBAL, SPIN ROUND KICK, SPIN
ROUND KICK, BACK KICK, BACK KICK COMBINATION**

POOMSAE :

TAEGEUK 8 + TAEGEUK 1, 2, 3, 4, 5, 6, 7

BOARD BREAKING :

**3 BOARD MACHINE GUN SPIN HOOK KICK,
ROUND KICK SPIN ROND KICK, BACK KICK**