

BROWN BELT (TOI-GYE) PATTERN LINKS...

Toi-Gye is the Brown Belt pattern you need to learn very well. You will test 3x on this pattern to become a Red Belt. In approximately 1 year, you will be eligible for your Black Belt test. Once you master Toi-Gye, be wise & begin practicing previous patterns (white, yellow, etc...) to prepare for BB test that follows Red Belt.

TECHNIQUES: Practice 1st - <https://www.youtube.com/watch?v=tpEYPgzGurQ>

PATTERN: With instruction -

<https://www.youtube.com/watch?v=VjhpVd4Wk64&list=PLF48C4DF9175DA127&index=12>

Regular Speed - <https://www.youtube.com/watch?v=URIo5cYp7gQ>

TERMINOLOGY: Do your best. You can memorize. Numbers, aims & pledge will be asked every test. The definition changes with each new belt. 8.5x11 Printable. Other links audio.

PRINT Terminology 8.5x11 in color - https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/2023-04_TERMINOLOGY_ChosStudySheet.pdf?ver=1781635565058

Definition of Toi-Gye - https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/7_To-Gye%20Saying.mp3?ver=1750877246224

Numbers 1-10 in Korean - <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/Numbers%20In%20Korean.mp3?ver=1771885550839>

Espanol: Numeros en Coreano – https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/8dfaedd4-0ae2-46dc-afd8-dc1aa9a2dc65/Numeros_de%20Espanol%20a%20Coreano_1-10.MP3?ver=1771885550839

Aims to Achieve – <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Aims%20to%20Achieve.mp3?ver=1750877246224>

Pledge - <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Pledge.mp3?ver=1750877246224>

Practice ALL your Kicks and Kick Combinations with control... kick with power & also be able to control how much power you use (25%,35%,50% 75% or 100%). Control where you land your foot (think about what position is best for the next kick you plan to execute. Control how high or how low you kick, or how fast. And for goodness sake by now you ought to be keeping your guard up at all times (Hands up & and elbows in protecting your precious head & rib cage where your brain & all your vital organs are.)

ONE STEP SPARRING (1-5): Begin learning these self-defense techniques. It will take younger students much longer to learn (no worries). https://www.youtube.com/watch?v=frNkJ5xi_Ps

ONE STEP SPARRING (6-10): Keep practicing 1-5 & learn more self-defense techniques (however long it takes).

<https://www.youtube.com/watch?v=-gTcgSxzPac>

There are One Step Sparring (1-30) & Self-Defense techniques to learn as you are ready.

IMPORTANT BASICS TO PRACTICE ALWAYS:

These are videos that can be watched at any time to improve learning.

HOW TO TIE A BELT:

<https://www.youtube.com/watch?v=ue28L9AfD-U&list=PLF48C4DF9175DA127&index=20>

BASICS STANCES REVIEWED : https://www.youtube.com/watch?v=2n_lyCKFh6o

BASICS KICKING FOOT PLACEMENT: <https://www.youtube.com/watch?v=99Urbx2kK0A>

BASICS CHAMBERING FOR STRENGTH AND POWER:

<https://www.youtube.com/watch?v=SojeanPNQyE&list=PLF48C4DF9175DA127&index=4>

BASICS SIDE KICK & BACK TURNING KICK

<https://www.youtube.com/watch?v=LkRdk4Y2N4c>

REVIEW ROUNDHOUSE KICKS:

<https://www.youtube.com/watch?v=oyBbPsZTsRQ&list=PLF48C4DF9175DA127&index=4>

BASICS SPARRING TECHNIQUES:

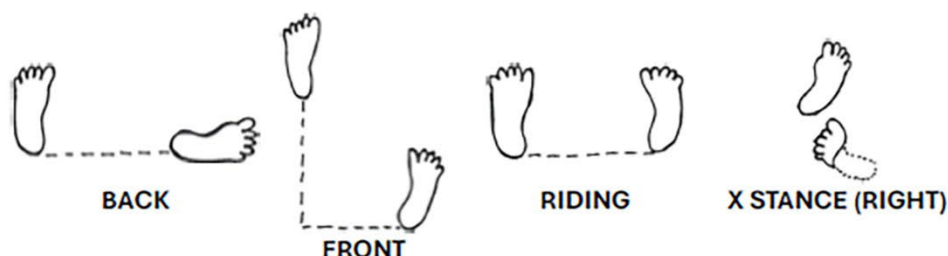
<https://www.youtube.com/watch?v=Cgut8zwn3hc&list=PLF48C4DF9175DA127&index=13>

Bonus on Next Page – Brown Belt Poster

Brown Belt Basics

ONE MORE YEAR OF TRAINING UNTIL BLACK BELT TEST. STAY FOCUSED. YOU ONLY HAVE TO LEARN 2 NEW PATTERNS THIS YEAR. LAST YEAR, YOU LEARNED 6. AFTER YOU REALLY LEARN BROWN BELT PATTERN, YOU CAN USE TIME/ENERGY TO REMEMBER/RE-LEARN WHITE THRU BLUE HIGH PATTERNS. THIS WILL HELP YOU BE PREPARED FOR BB TEST SOONER.

STANCES



KICKS PRACTICE ALL KNOWN KICKS. CONCENTRATE ON...

*FRONT SNAP *AXE KICK *FRONT LEG FRONT SNAP

STRIKES/BLOCKS PRACTICE TECHNIQUE & CHAMBERING. ADD...

*DOWN SPEAR STRIKE *W BLOCK *CIRCLEBLOCK *COMBO:DOWN & INNER BLOCK * LOW & MIDDLE X BLOCK *DOUBLE DOWNWARD STRAIGHT ARM BLOCK

KICKING COMBINATIONS BY NOW, YOU KNOW MANY KICKS.

MAKE UP YOUR OWN FAVORITE COMBOS. USE 2 OR 3 KICKS & UPPER BODY TECHNIQUES. THINK ABOUT WHERE YOU NEED TO LAND YOUR FEET SO TRANSITION TO NEXT TECHNIQUE IS SMOOTH. TIGHT FISTS, HELD HIGH.

1 STEP LEARN TO PRACTICE WITH A PARTNER SAFELY.

TERMINOLOGY ALL & DEFINITION TOI-GYE (BROWN BELT)

AT THIS LEVEL, OTHER STUDENTS WILL LOOK UP TO YOU. BE THE BEST EXAMPLE YOU CAN BE. IF YOU WANT TO HELP OTHERS, BE A GOOD EXAMPLE & PRACTICE WITH PERSERVERANCE, WORK HARD. OTHERS WILL NOTICE AND ASK YOU FOR HELP. ALWAYS BE KIND.

ALWAYS REVIEW WHITE BELT BASICS – THE FOUNDATION.
