

BROWN BELT REQUIREMENTS

MINIMUM REQUIREMENTS

7 Weeks and 14 classes since last test

NEW TECHNIQUES

Spinning Side Kick

Front Split Finger Thrust

PATTERN: TAE UM GOO JUL

(Ready Stance to Front Stance) Open Hand Low Block, Rear Punch, Rear Leg Reverse Swing Kick, Knife Hand Strike, Rear Punch, Front Upward Punch, Dodge, Front Upward Punch.

COMBINATION

(Front Stance) Open Hand Low Block, Rear Punch, Rear Leg Reverse Swing Kick, Knife Hand Strike, Rear Punch, Front Upward Punch, Dodge, Front Upward Punch.

SPEED DRILL #7

(Front Stance) Rear Leg Reverse Swing Kick, Knife Hand Strike, Rear Punch, Rear Leg Swing Kick

DEFENSE DRILL

Movement: Free

Attack: Free Sparring with light contact

Defense: Free Sparring with light contact

AIR SHIELD

Examiners request.

POWER TEST

Front Upward Punch

Congratulations! You Are Now A BBC (Black Belt Candidate)

Adult and Junior Students can Now Take The Farmington Martial Arts Black Belt Classes