

## **BROWN BELT SENIOR REQUIREMENTS**

### MINIMUM REQUIREMENTS

Junior Students :7 Weeks and 14 classes since last test

Adult Students :14 Weeks and 30 classes since last test

### NEW TECHNIQUES

Spinning Reverse Swing Kick

Rear Split Finger Thrust

### PATTERN: TAE UM GOO JANG

(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.

Last Direction: Rear Straight Elbow Strike

Turning is performed by pivoting on both feet.

Turn towards the right during Right Side and turn towards the left during Left Side.

### 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, Rear Straight Elbow.

### 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

Spin Side Kick (3 boards for adults and 1 large board for children), 4 Way Destruction, Examiners request.

### CLOSE RANGE (ADULT ONLY)

Rear Choke.