



HIGH BROWN BELT*

(Testing High Brown to 1st Degree Black)

Physical Requirements:

- 1) ATTENDANCE
 - A) Fulfill the attendance requirements upon entering the Black Belt Candidate program

- 2) KICKS
 - A) All previous kicks

- 3) HAND TECHNIQUES
 - A) C-block
 - B) Outside middle block
 - C) All previous hand techniques

- 4) STANCES
 - A) All previous stances

- 5) FORM
 - A) Chonji
 - B) Tangoon
 - C) All previous requirements

- 6) OLYMPIC SPARRING
 - A) Against one opponent
 - B) Against two opponents

- 7) BOARD BREAKING
 - A) Five boards, creative combination including at least one, but no more than two, hand techniques

- 8) STRENGTH TEST
 - A) 50 pushups
 - B) 50 situps

- 9) ENDURANCE TEST
 - A) Two rounds of Master's Choice - Two minutes each round with a 30 second break in between

- 10) IL BO GYORUGY (1-STEP SPARRING)
 - A) Creative 1-step sparring
 - i) 25 techniques

- 11) ANJA GYORUGY (KNEE SPARRING)
 - A) Perform numbers 1-8

- 12) SELF DEFENSE
 - A) Demonstrate knowledge and ability to execute all techniques for white - brown belts.

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Mental Requirements:

Note: Mental requirements will be in the form of a written test prior to the physical black belt testing.

- 1) WHAT IS THE MEANING OF THE HIGH BROWN BELT?
 - The high brown belt signifies maturity and being ready to accept responsibility.
- 2) WHAT DOES WTF STAND FOR?
 - World Taekwondo Federation
- 3) NAME THE WTF FORMS THAT YOU KNOW
 - All Taegeuks are WTF forms, students should know the name of all eight.
- 4) WHAT DOES ITF STAND FOR?
 - International Taekwondo Federation
- 5) NAME THE ITF FORMS THAT YOU KNOW
 - Chonji and Tangoon
- 6) BE ABLE TO IDENTIFY KEY COMPONENTS TO EXECUTING EACH KICK CORRECTLY
- 7) KOREAN TERMINOLOGY FOR ALL KICKS
- 8) KOREAN TERMINOLOGY FOR HAND TECHNIQUES AND STANCES (Adults only)
- 9) ESSAY: Prompts will be assigned by instructors during candidacy.
(2 pages, typed, double spaced, standard font and margins)
- 10) ALL PREVIOUS MENTAL REQUIREMENTS

Other Requirements:

- 1) MINIMUM 3.0 GPA OR EQUIVALENT FOR STUDENTS
- 2) COMMUNITY SERVICE

* BLACK BELT TESTING REQUIREMENTS ARE SUBJECT TO MODIFICATION PER THE MASTERS' DECISIONS.