



*Brown Belt

- 1) Kicks
 - a) 540 Spinning Hook kick
- 2) Create 5 unique One Steps using takedowns. (Adults only - Both sides)
- 3) Knee Steps - 4 submission techniques as demonstrated by instructor, both sides
- 4) Strength test - 45 push ups - good form
- 5) Board Breaking
 - a) Jumping Back kick
 - b) Butterfly kick
- 6) Form - Taegeuk Pal Jang
- 7) Essay - (all ages) How has Taekwondo influenced your life?
 - a) Minimum 2 pages, 12 font, 1 inch margin, double-spaced
- 8) What is the meaning of the brown belt?
 - a) The brown belt represents Earth - your Taekwondo skills should be solid like the mountains.
- 9) What is the meaning of Taegeuk Pal Jang?
 - a) The eighth taegeuk form signifies Earth.
- 10) What is the history of Taekwondo? See History of Taekwondo sheet.
- 11) What are the names, symbols and meanings of all eight Taegeuk forms?

a) Il	Keon	Heaven and Light
b) Yi	Tae	Joy
c) Sam	Ri	Fire and Clarity
d) Sa	Jin	Thunder
e) Oh	Seon	Wind
f) Yuk	Gam	Water
g) Chil	Gan	Mountain
h) Pal	Gon	Earth

*Must remember all previous Kicks, Blocks, Strikes, Stances, Self Defense and Form



12) Identify essential components to performing Poomse.

- a) Form should begin and end at exactly the same spot.
- b) Correct posture and body position must be maintained at all times.
- c) Muscles of the body should be either tensed or relaxed at the proper, critical moments in the form.
- d) The exercise should be performed in a rhythmic movement with an absence of stiffness
- e) Movement should be accelerated or decelerated according to the specifications of that pattern.
- f) Exhale on exertion of each technique in order to maximize power.
- g) Each pattern should be perfected before moving to the next
- h) Students should know the purpose of each movement

13) Count to 90 in Korean - Ahun

14) Perform the commands to bow into and out of class.

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|----------------------|---------------------------------------|
| a) Charyot | Attention |
| b) Kukke Yea Deehayo | To the flag |
| c) Kwanjangnim | To the Headmaster |
| d) Sabumnim Kye | To the Master (4th to 6th degree) |
| e) Kyosanim Kye | To the Instructor (2nd to 3rd degree) |
| f) Kyunyeah | Bow |
| g) Kamsa Habneeda | Thank you very much |
| h) Hecho | Dismissed |

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