



*High Brown Belt

- 1) Kicks
 - a) Triple kicks
- 2) Create 20 unique One-Steps using a mix of hand techniques, leg techniques, joint locks, takedowns and submissions. (10 left and 10 right hand.)
- 3) Knee Steps - 4 submission techniques as demonstrated by instructor, both sides
- 4) Strength test - 50 push ups - good form
- 5) Board Breaking - 6 board breaks - 4 kicks and 2 hand techniques, Student chooses.
- 6) Forms -
 - a) Chunji
 - b) Dangun
 - c) Dosan

*** All questions from White belt to High Brown belt will be on a written test prior to the physical portion of the Black Belt test.

- 7) What is the meaning of the high brown belt?
 - a) The brown belt signifies maturity and being ready to accept responsibility.
- 8) What does WTF stand for?
 - a) World Taekwondo Federation.
- 9) What does ITF stand for?
 - a) International Taekwondo Federation
- 10) Know all Korean Terminology for kicks, (adults only include hand techniques and stances)
- 11) Count to 100 in Korean - Bak
- 12) Essay - Prompt will be assigned by instructor during candidacy class (2 pages, typed, double spaced, 12 font and 1 inch margins)
- 13) Minimum 3.0 GPA
- 14) Perform 10 hours of Community Service performed during Candidacy Class for a non-profit organization (such as Dumb Friends League, your church, elderly care).

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