

Red to Brown Belt Requirements

BLOCKS

1. U-Block
2. Bent Wrist
3. Palm Pressing
4. Twin Forearm

WORKBOOK #

- p. 41, #23
p. 43, #29
p. 43, #30
Arms Together

TRAINING TOOL

- Two Blockers
Blocker
Blocker
Blocker

STRIKES

1. Snake Strike
2. Tiger Claw Strike
3. Arc Hand Strike
4. Pushing Palm Strike

WORKBOOK #

- p. 44, #34
p. 59, #48
p. 24, #1
p. 55, #32

TRAINING TOOL

- Focus Pad
Small Body Shield
Blocker
Large Body Shield

KICKS

1. Jump Turning Reverse Crescent Kick
2. Jump Turn Back Kick
3. Tornado
4. Spinning Sweep

WORKBOOK #

- See Sensei
See Sensei
See Sensei
p. 70, #8

TRAINING TOOL

- Double Focus Pad
Large Body Shield
Double Focus Pad
Blocker

STANCES

1. Ball of Foot Stance
2. Crane Stance
3. Hook Stance
4. Twisted Stance

WORKBOOK #

- p. 31, #14
p. 33, #23
p. 33, #24
p. 34, #28

TRAINING TOOL

- Workbook
Workbook
Workbook
Workbook

SELF-DEFENSE

1. Reach Around Choke
2. Single Hand Front Choke
3. Rear Bear Hug
4. Rear Choke
5. Two Hands on One Arm Grab
6. Cross Hand Grab

WORKBOOK #

1. Box ears, behind ear pressure point, elbow sides, stomping kick on top of foot, dragon kick, reverse roundhouse kick
2. Inner forearm block, grab wrist, turning elbow to throat, leg pull, knee to spine, downward hammerfist
3. Horse riding stance, elbows up, elbow back, backfist to face, turn, roundhouse knee kick to head
4. Arms over head, spin, snap kick, jump roundhouse, spinning back kick
5. Outward wrist lock to arm bar, snap kick to face, twist arm back to take down using elbow for leverage, finishing strike
6. Outward circle to arm bar, roundhouse knee kick, upset punch, snap kick, turn arm over to take down, finishing strike

TRAINING TOOL

- Video

Video

Video

Video

Video

KATA

1. 18 Hung Family 5 Animal/5 Element
2. Chulgi Cho Dan

WORKBOOK #

- Handout

Handout

TRAINING TOOL

- Video

Video

Red to Brown Belt Requirements

ONE STEPS

WORKBOOK

TRAINING TOOL

22. **V. Crescent Kick:** upper arm block, Jab, Forearm Strike to head, Roundhouse Knee to head

See Sensei

Video

23. **V. Mountain punch:** Rising and Dropping block, grab, twisting arms in circle, hook kick to ankle, taking to ground, Axe Kick

See Sensei

Video

24. **V. Rising Knee Kick:** Double Palm Front Block, Wedging Block, Rising Knee Kick, Upset Punch, Rising Elbow, Rising Knee Kick

See Sensei

Video

25. **V. Front Snap kick:** Sweeping to grab snap kick, reverse roundhouse kick to standing leg, high pushing palm to chin, taking down, Axe Kick

See Sensei

Video

26. **V. Neck Knifehand Strike:** Outer Forearm block, Neck Knifehand Strike, Backhand Strike, Roundhouse Knee Kick to head

See Sensei

Video

27. **V. Roundhouse Punch:** Palm Block across high, Roundhouse knee kick to stomach, Ridgehand to throat

See Sensei

Video

PERSONAL REQUIREMENTS

WORKBOOK

TRAINING TOOL

1. Create Ten One-Step Moves
2. The Following 5 Merit Badges

Practice
Merit Badge Book

Practice
Practice



Blocking Merit Badge
Minimum Rank Required: Purple

Student must perform and explain the application of 25 different blocking techniques.

Instructor's Signature: _____ Date: _____



Striking Merit Badge
Minimum Rank Required: Purple

Student must perform and explain the application of 25 different striking techniques.

Instructor's Signature: _____ Date: _____



Kicking Merit Badge
Minimum Rank Required: Purple

Student must perform and explain the application of 25 different kicking techniques.



Self-Defense Merit Badge
Minimum Rank Required: Orange Stripe
Required for Brown Belt

Students are required to demonstrate a minimum of 30 self-defense techniques. The techniques should include both release and control techniques.

Instructor's Signature: _____ Date: _____



One-Step Merit Badge
Minimum Rank Required: Red

Students are required to demonstrate 25 one-step techniques

Instructor's Signature: _____ Date: _____

Notes: _____

