



Testing Requirements:

Brown Stipe Curriculum/Brown Belt Test

Forms:

- Ki bon
- Chun gi
- Tan Gun
- To San
- Won Hyo
- Yul Kok
- Chun Gun
- **Toi Gye**
- **Weapons form of choice**

Strikes:

- Mid section punch
- High section punch
- High section palm heel strike
- Knife hand strike
- Mid section palm heel strike
- Mid section knife hand strike
- Back fist
- Open hand throat strike
- Forward Elbow Strike
- Upward Elbow Strike
- Hammer fist
- **Low section palm heel strike**
- **Throat grab**
- **Low section upward punch**

Kicks:

- Front stiff legged stretch

- Front snap kick
- Step behind side thrusting kick
- Roundhouse kick
- Inside crescent kick
- Outside crescent kick
- Step through side thrusting kick
- Flying front snap kick
- Spinning side thrusting kick
- Hook kick
- Spinning outside crescent kick
- Push kick
- Twist kick
- Front leg front snap kick
- Step behind outside crescent kick
- Typhoon kick
- **Mid section knee strike**
- **Front leg roundhouse**
- **Front leg side thrusting kick**
- **Front leg hook kick**

Blocks:

- Low section block
- Inner wrist block
- High section block
- Box block
- Outer forearm block
- Circle block
- Grabbing block
- Augmented block

- Ridge hand block
- High X-block
- Pole grab
- **Low X-block**
- **Mountain block**
- **Low section knife hand block**

- Head lock
- Face up ground escape
- Face down ground escape
- Choke against a wall escape
- **Defense against stick attacks**

Stances:

- Ready position
- Attention
- Horse Stance
- Fighting Stance
- Front Stance
- Back Stance
- Fixed Stance
- X-stance
- Cat stance
- **Reverse stance**

Rolls/Falls:

- Forward somersault from standing
- Forward shoulder roll from standing
- Back fall from standing
- Backward shoulder roll from standing
- Side fall from standing
- Front fall from standing
- Diving somersault
- Diving shoulder roll
- **Hand stand into forward somersault**
- **Forward somersault into bridge**

One Step Sparring:

- Any combinations used in forms
- Two steps
- **American one steps**

Sparring:

- **Two two-minute rounds against an upper rank opponent.**

Self Defense Escapes:

- One hand wrist grab
- Two hand wrist grab
- Double wrist grab
- Choke from front
- Choke from rear
- Choke from side
- Double lapel grab
- Hair Grab
- Single lapel grab
- Bear hug

Weapons:

- Basic blocks and strikes with one of the following:
 - Nunchaku
 - Bo
 - Tonfa
 - Escrima stick

Knowledge:

- Bow in/Pledge
- Bow out
- White, Yellow, Green & Blue belt color meaning
- All components of power
- All tenets of Tae Kwon Do
- Korean terms for:
 - All techniques the student is tested on
 - Training hall
 - Uniform
 - Belt
- Meaning of Bushido
- Origin of martial arts (Wushu)
- Symbolism of Yin & Yang
- Purpose of Sanchin techniques
- Confucious method of teaching
- **Force as a last resort**
- **Law of equal force**