



Testing Requirements:

Brown Belt Curriculum/Red Belt Test

Forms:

- Ki bon
- Chun gi
- Tan Gun
- To San
- Won Hyo
- Yul Kok
- Chun Gun
- Toi Gye
- **Hwa Rang**

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
- **Mid section upward punch**
- **Jab, cross, hook upper cut combo**
- **Rear mid section elbow**

- **Rear high section elbow**

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
- **Flying roundhouse**
- **Wheel kick**
- **Spinning hook kick**
- **Axe kick**
- **Low section roundhouse**
- **Low section thrust kick**

- **Low section crescent 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
- **Mid section X-block**

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
- **Falling Form**

One Step Sparring:

- Any combinations used in forms
- Two steps
- American one steps
- **Throws (4 major)**

Sparring:

- **Three two minute rounds against a red or black belt 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
- Head lock
- Face up ground escape
- Face down ground escape
- Choke against a wall escape
- Defense against stick attacks
- **Knife Defense (16 yrs and above only)**

Weapons:

- **Original (self-created) weapons form**
- Weapons form of choice
- Basic blocks and strikes with two of the following:
 - Nunchaku
 - Bo
 - Tonfa
 - Escrima stick
 - Kama

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
- **Read and report on an instructor approved book from the Northwoods Martial Library**