

# Brown Belt

## Examination requirements

1 of 2

### Belt Concept: Perseverance and Endurance

#### RED STRIPE

##### A. Technical 9 Count Front, Round, Side, Hook Kick

1. Front kick fold
2. Front kick snap and re-fold
3. Round kick fold
4. Round kick snap and re-fold
5. Side kick fold
6. Side kick thrust and lock
7. Side kick re-fold
8. Hook kick snap
9. Foot down

#### BLUE STRIPE

##### B. Combinations

1. Offensive front punch, back lunge punch, spin reverse back fist, skip round kick, palm heel strike.
2. Offensive front fist, back punch, back axe kick, step through elbow strike, back knife strike with rising block
3. Offensive front hand knife strike, step through backhand strike, reverse hook kick, kneeling vertical back punch with rising block.

#### YELLOW STRIPE

##### C. “Might For Right” form to the music of “Exodus “

#### Green Stripe

##### D. Sparring Drills

1. Side kick, side kick, side kick, front leg hook kick
2. Fake back leg front kick / round kick, front hand back fist
3. Defense against blitz: Front leg step through the back jump reverse side kick

Note: **Minimum 40 lessons**

30-second speech on “What Tae Kwon Do has done for me” During Graduation

All previous belt requirements