

Sr. Brown Belt

Examination requirements

2 of 2

Belt Concept: Speed and Alertness

NOTE: Students under age of 12 testing for Black Belt will receive a Junior Black Belt (Black belt with white embroidery) upon passing Black Belt Exam

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, jump front round kick, jump front side kick, back punch
2. Offensive front fist, back punch, back leg round / side kick, reverse hook kick, back punch
3. Jump reverse hook kick (land 360 degrees), jump back leg round kick, reverse hook kick, back ridge hand.

YELLOW STRIPE

C. “Jashin” form meaning “Confidence”

Green Stripe

D. 3 round / 1 minute free sparring (no face contact, light head gear touch)

E. All Previous Forms and Combinations

F. Physical test

Note: **Minimum 50 lessons**

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

All previous belt requirements