

BROWN BELT REQUIREMENTS

STANCES	ALL PREVIOUS BELT STANCES		CAT STANCE	
BLOCKS	ALL PREVIOUS BLOCKS		PALM HEEL BLOCK	
PUNCHES/STRIKES	RIDGEHAND STRIKE	UNDERCUT		REVERSE UPWARD ELBOW STRIKE
KICKS	OUTSIDE WHIP KICK	INSIDE WHIP KICK	HURRICANE KICK	CHARGING HOOK
STRIKE DEFENSE	<i>*SEE DEFENSE SHEET</i>			
TAKEDOWNS	JUDO THROW			
SPARRING	SPARRING WITH TAKEDOWNS, LIGHT GROUND & POUND, & PIN			
FORM	(BROWN/WHITE TO BROWN) TAEGUEK YOOK JANG MOVES 1-6	(BROWN TO BROWN/BLACK) TAEGUEK YOOK JANG MOVES 1-12	(BROWN/BLACK TO RED/WHITE) TAEGUEK YOOK JANG MOVES 1-21	

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