

BELT REQUIREMENT

BROWN TO BROWN/BLACK

QUESTIONS	ANSWERS
WHAT RANK AND BELT IS SIR DAVE	
HOW DO YOU SAY MASTER IN KOREAN	
HOW DO YOU SAY INSTRUCTOR IN KOREAN	
HOW DO YOU SAY ASSISTANT IN KOREAN	
SCHOOL RULES # 7 & 8	
WHAT DOES PERSEVERANCE MEAN	

CATEGORY	TECHNIQUE
PROPER PUSHUPS	40
STANCES	JUN BI, CHA RYUT, HORSE STANCE, FRONT STANCE, FIGHTING STANCE, WALKING STANCE, BACK STANCE X STANCE, CAT STANCE
PUNCHES	JAB, REVERSE, HAMMER, ELBOW STRIKES 1-7, PALM, KNIFEHAND CHOP, KNIFEHAND STRIKE, ELBOW SMASH BACKFIST, UNDERCUT, RIDGEHAND STRIKE, SPINNING BACKFIST, HOOK PUNCH, UPPERCUT
BLOCKS	DOUBLE OUTSIDE BLOCK, HIGH BLOCK, LOW BLOCK, INSIDE BLOCK, OUTSIDE BLOCK, BASIC KNIFEHAND BLOCKS DOUBLE KNIFEHAND BLOCKS, SCISSOR BLOCK, HIGH X BLOCK, LOW X BLOCK
KICKS	WHITE BELT, YELLOW BELT, PURPLE BELT, ORANGE BELT, GREEN BELT, BLUE BELT SCOOP KICK, JUMP ROUNDHOUSE NO FAKE, SPINNING BACK KICK, JUMP SPINNING BACK KICK
SELF-DEFENSE	BROWN BELT STRIKE DEFENSE # 1-4 GRAB DEFENSE OF THE MONTH
FORMS	WHITE BELT, YELLOW BELT, PURPLE BELT, ORANGE BELT, GREEN BELT, BLUE BELT, TAEGUEK YOOK JANG (FIRST 16 MOVES)

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