

BROWN BELT REQUIREMENTS

STANCES	CAT STANCE			
BLOCKS	SCISSOR BLOCK			
PUNCHES/STRIKES	RIDGEHAND STRIKE		UNDERCUT	
KICKS	OUTSIDE WHIP KICK	INSIDE WHIP KICK	HURRICANE KICK	CHARGING HOOK
STRIKE DEFENSE	<i>*SEE DEFENSE SHEET</i>			
GRAB DEFENSE	<i>*SEE DEFENSE SHEET</i>			
TAKEDOWNS	JUDO THROW			
GROUND ESCAPE	GROUND HEADLOCK ESCAPE			
WEAPON DEFENSE	REAR KNIFE TO THROW		GUN TO SIDE OF THE HEAD	
SPARRING	SPARRING WITH TAKEDOWNS AND GRAPPLE			
FORM	BROWN BELT FORM TAEGUEK YOOK JANG			

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