

1st Degree Brown Belt Curriculum

Hand Techniques

Forearm strike _____ Over-hand cross _____

Leg techniques

Low-high double kick _____ Cut-back kick _____

Combos

Olympic style: nautobaun/back kick____ double/ back kick____jump back kick/ round kick _____
double kick/axe_____double kick/autball axe(speed kick style)_____

Self defense: cross/hook/ rear leg round kick _____

Grappling:

Judo pin____(under the judo pin)

Hook leg pull out _____

Figure-4 arm bar from mount position _____

Collar choke _____

Poomse: Koreyo _____

Punching Defense:

1 _____
Grade: _____

2 _____
Grade: _____

Self Defense:

1 _____
Grade: _____

2 _____
Grade: _____

Blocking:

Live rounds: Parries, Over, Shin block _____

Terminology/ Philosophy:

1) The three most general martial arts categories: Striking, Grappling, Progressive _____

2) A brief history of Taekwondo (typed paper no more than a page) _____

3) What year was Taekwondo made an official full-medal sport? (2000) _____

4) 3rd range of distance?(elbows and knees)

5) Success principle 6: Synergies _____

Physical requirements:

Push ups _____ per 30 sec. _____

Crunches: _____ per 30 sec. _____

Hold feet up: _____ 30 sec. _____

Leg ups: _____ per 30 sec. _____

Slow front kick:

Right _____ per 30 sec. _____

Left _____ per 30 sec. _____

Hopping in guarding stance 1 min or best time _____

Non-stop alternating front kicks in place. (30 sec.) _____

Speed kick motion Right leg 30 sec. _____

Left leg 30 sec. _____

Hujin two 1 ½ min rounds _____

Two two minute rounds on bag _____