

Brown Belt Test

Punching

- Rear Hand Punch
- Double Punch
- Hook Punch
- Back-fist, Spin Back-fist, Rear Punch

Basic Kicking

- Front Leg Snap Front Kick * Front Leg Hook Kick
- Front Leg Round Kick * Back Leg Round Kick
- Front Leg Side Kick * Back Leg Side Kick
- Rear Leg Crescent Kick

Combination Kicking

- Triple Round Kick (Scooting)
- Back Leg Side Kick, Turning Side Kick

Self Defense (Emergency and Release)

CHOKES

- Two Hand Front *Two Hand Back *Rear Forearm *Side Headlock

WRIST GRABS

- Same Side *Cross Side *Two To One *Two To Two (Front) *Two To Two (Rear)

SHIRT GRABS

- Single Lapel *Double Lapel *Side Shoulder Grab

One-Step Sparring

- Outside In Block, Rear Elbow, Rear Knee
- Inside Parry, Grab, Strike

Traditional Form Movements

- Double Knife Hand, Shift and Punch
- Back Leg Front Kick, Punch
- Front Stance Stepping Punch
- Front Stance Down Block

Form *Form #1 * Chung-Mu

X-Rays

- Spinning Crescent
- Spinning Hook
- Tornado
- Pop Up Round Kick

Pads

- Back Leg Front Kick
- Defensive Side Kick
- Turning Side Kick
- Back Leg Round Kick

Kick- Punch Combination

- Double Round Kick, Double Punch, Back Leg Round Kick, Front Ridge, Rear Punch
- Double Punch, Back Leg Round, Tornado, Spin

Sparring 4 Rounds

Projected Promotional Schedule:

50+ lessons and 6 to 12 months of attendance, as well as an understanding of the techniques, are required for promotion!