

Brown Belt Promotion Exam Contents

❖ Students must take a minimum of 32 classes in 4 months to be eligible for promotion to the next level.

Kyorugi stance # 1 to # 20	At this level students will master # 1 to # 20 of the advanced level combinations. Through this training, students will master the multi functional movements to develop outstanding focus and excellent balance, coordination and strength. ✓ Key point: Stay focused on the direction transitions using the proper stances.
Poomse # 4 Tae geuk Sah Jahng (Adults only)	The forth TKD form coordinates all basic blocks, punches, knife-hand strikes and spear hand strikes through 18 movements. Poomse # 4; This form represents thunder, great power and dignity. ✓ Key point: Learn and practice how to use knife hand blocks and strikes.
Stationary Kicks (Back roundhouse hook kick)	Students will learn and be able to perform “ Back Roundhouse Hook Kick ”—(Dwi Huryo Chagi) ✓ Key point: Pivot front foot rearward, raise the knee up and the foot will follow. ✓ As the kick is being made, pull toes sideways so it can maximize the striking force. ✓ Shape of the kick should look like a hook; its target point is temple.
Combinations	Students will learn and be able to perform front turning kick followed by back roundhouse hook kick. ✓ Key point: Pivot front foot then lift rear leg knee up then throw kick in horizontal direction towards the back.
Sparring Steps (# 11 & # 12)	The intermediate TKD sparring steps help students to build great agility and focus. The purpose of these steps is to learn an advanced feinting motion towards your opponent, and to be able to catch and strike your opponent. ✓ Key point: Rear foot must turn reversely towards the front 200 degrees, and when it’s finished both knees must be slightly bent. # 11: Use rear foot to turn reversely towards the front quickly two times with a “Kihap”. # 12: # 10 followed by #3 step with a “ Kihap”
Breaking (Back roundhouse hook kick)	Students will learn and be able to perform how to use back roundhouse hook kick to break a board. ✓ Key point: Take a deep breath, inhale and exhale, stay focused on the target and then strike right in the middle with a loud “Kihap” ✓ Relax your leg entirely when you are in the ready position.
One Step Self-Defense (Adults Only)	# 12
Speech (Required written essay)	Key point: Please do not write an essay for your child, you can help them with spelling and sentence structure. <u>We do not need to know the Parents essay skills.</u> Children : What chores do I do to support my family. Adults : Your feelings about your experience at Tae Kwon Do.
Terminology & Words	Kukkie taehan Kyongneh: Salute to the national flag