



# REQUIREMENTS TO TEST FOR A SENIOR BROWN BELT

## Curriculum

ADVANCE KICKS	ADVANCE SELF DEFENSE	ONE STEP SPARRING
- Flying Side Kick	- Escrima Greetings - Escrima Stances - Escrima 8 Basic Strikes - Escrima 8 Basic Blocks	1. Kick stance, front kick into long stance, open hand high block with knife hand strike, kiyap! 2. Kick stance, step back to a jumping front kick, long stance double punch to face, kiyap! 3. Kick stance, step back to a jumping roundhouse, long stance double punch to face, kiyap!
<b>POOMSAE (forms)</b>		
TAEGEUK CHIL JANG		

## Q & A / Terminology

AGES 5 - 8	AGES 9 - 12	AGES 13 AND OLDER
<p><b>Q. What does Manners mean?</b> A. Good behavior, Sir/Mame!</p> <p><b>3 Types of Concentration</b></p> <p><b>Terminology (english - korean)</b> How are you Master Instructor - Ahn Yong Ha Shim Nee Ka Sa Bum Nim Thank you Master Instructor - Kahm Sam Nee Da Sa Bum Nim</p>	<p><b>Q. Why is it important to practice basic techniques?</b> A. Basic techniques builds coordination, agility, and skills. Also, sets a solid foundation when learning advance techniques, sir/ mame!</p> <p><b>Q. How do you Kiyap?</b> A. Yell from the lower part of your stomach in short, sharp, and loud spirit, Sir/Mame!</p> <p><b>7 Home Rules for Children</b></p> <p><b>Terminology (english - korean)</b> School - Dojang Uniform - Dobok Flag - Ku Ki Ee</p>	<p><b>Q. Why is there different color belts?</b> A. As the knowledge and ability of Taekwondo grows, so does the darkness of the color of belts, Sir/ Mame!</p> <p><b>Q. Why do we do Poomsae (forms)?</b> A. To develop technique, body balance, coordination, and to simulate confrontation with an opponent</p> <p><b>Student Oath</b></p> <p><b>Terminology (english - korean)</b> Start - Shi Jak Break - Kalyo Stop - Guhman Turn Around - Diro Dora</p>