



BROWN BELT (To Advanced Brown) EXAMINATION REQUIREMENTS

BELT CONCEPT: CONFIDENCE

White Tip: Count Kick & Fitness

- A. 9 Count Front/Round/Side/Hook Kick:** (No wall. Side kick at least belt level!)
- B. Fitness Test:** 45 good pushups and 1 minute plank

Yellow Tip: Brown Belt Combinations

1. Offensive front punch, lunge punch, reverse side kick, back punch.
2. Offensive front leg hook kick, back leg round kick, reverse side kick, back punch.
3. Offensive front leg round kick, back reverse side kick, back leg round kick, back ridgehand.

Green Tip: Belt Stretcher

- 30 second front kick and side kick balance (no wall)
30 second round kick stretch (no wall)

Purple Tip: Leadership

10 hours of Leadership

Blue Tip: Forms

"Might For Right" form to the music "Exodus"

Red Tip: Sparring

Free Sparring

Black Tip: Final Test (minimum 50 lessons)

Final testing will cover all curriculum learned thus far. Check your attendance card for a star stamp on the top left corner to see if you qualify for the final test. The following **must** be submitted to Master Rhee **before** the test day.

1. Typed paragraph on the importance of "**Confidence**" and where you can apply it to your life
2. Power Goal
3. TKD binder with all messages of the month since your enrollment, most recent report card, graduation application and test fee.

Upon passing the final test with the Master instructors, the final black tip will be given to you and placed lengthwise along your current belt. Students in high school and below must have a parent place the black tip along the width of the belt (at the tip) for final approval. Students who do not receive the black tip from their parents will not earn their new belt until the black tip is properly placed on the belt.

PROMISE YOURSELF

AUTHOR UNKNOWN

*Promise yourself to be strong that nothing can disturb your
peace of mind.*

*To talk health, happiness, and prosperity to every person you
meet.*

To make all your friends feel that there is something in them.

*To look at the sunny side of things and make your dreams
come true.*

*To think only of the best, to work only for the best and expect
only the best.*

*To be just as happy about the success of others as you are
about your own.*

*To forget the mistakes of the past and press onto the greater
things of the future.*

To wear a cheerful smile at all times.

*To give so much time to the improvement of yourself that you
have no time to criticize others.*

*To be too large for worry, too noble for anger, too strong for
fear, and too happy to permit the presence of trouble.*