



## **Adv. Brown (To 1st Dan Black Belt) EXAMINATION REQUIREMENTS**

### **BELT CONCEPT: LEADERSHIP**

Tips can be tested in any order. In order to be considered for the **Black Belt Exam**, students must have participated in a minimum of 50 lessons at least 2 months prior to the exam. First Brown Belts are permitted to attend unlimited lessons to prepare for the Black Belt.

#### **White Tip - Count Kick & Fitness**

- A. **9 Count Front/Round/Side/Hook Kick:** (no wall)
- B. **Fitness Test:** 50 good pushups (2 minutes), 1 minute plank

#### **Yellow Tip - All Basics and Combinations**

**(Testing must be done on a Saturday Test Day)**

- A. All Basics and Combinations from White Belt to Brown Belt

#### **Green Tip - Belt Stretcher and Flexibility**

- A. 30 second front kick and side kick balance (belt level. no wall)
- B. 30 second round kick balance stretch (no wall)

#### **Purple Tip - Leadership, Essay & Speech**

- A. 10 hours of Leadership.
- B. 2 pages typed: "What Jhoon Rhee Tae Kwon do has done for me"
- C. Speech based on the essay: "What Jhoon Rhee Tae Kwon do has done for me"  
Speech will be recited in front of class

#### **Blue Tip - All Forms**

**(Testing must be done on a Saturday Test Day)**

- A. All forms Kamsah to Exodus (Hanguk and Meeguk to music)

#### **Red Tip - Sparring**

**(Testing must be done during Sparring Week)**

- A. 1 step, 2 step, 3 step, and 1-2-3 step rhythm sparring
- B. Free Sparring

### **Black Belt Exam (minimum 50 lessons)**

The Black Belt Exam is typically conducted 3 times a year (March, July, and November). 1st Brown belts must have a minimum of 50 lessons to test. If you think you are ready to test within the next 6 months, please speak with Master Rhee or Master Bonilla about planning a strategy to prepare for the exam.

# MAN IN THE GLASS

AUTHOR UNKNOWN

*When you get what you want in your struggle for gain  
and the world makes you king for a day,  
Just go to the mirror and look at yourself  
and see what that man has to say!*

*It isn't your father or mother or wife  
Whose judgement upon you must pass;  
The one whose verdict counts most in your life  
Is the man staring back in the glass.*

*He's the one you must satisfy beyond all the rest,  
For he's with you right up to the end;  
And you will have passed your most difficult test  
when the man in the glass is your friend.*

*You may be the one who got a good break,  
And think you're a wonderful guy;  
But the man in the glass says you're only a fake  
if you can't look him straight in the eye.*

*You may fool the whole world down the pathway of years,  
and get pats on the back as you pass;  
but your final reward will be heartaches and tears  
if you've cheated the man in the glass.*