

# BROWN 1

The color of the ground where growing things are rooted firmly. Stability of physical and mental power is apparent.

STRIPES	MEANING	CURRICULUM
WHITE	SELF DEFENSE	See below for the rotation
GOLD	PAD DRILL	CAMA 1 & 2
GREEN	HOME HELP	Turn in Home Help. 9 push ups
BLUE	FORMS	See below for the rotation
BROWN	Additional training	Participate in Seminar or Tourney
RED	SPARRING	Attend a sparring class Jab Cross - inside Crescent
BLACK	KICKS	jump back

ROTATIONS	RotationB	RotationC	RotationA
TESTING MONTH	December-20	February-21	April-21

FORM BLUE STRIPE	Pal Jang (1/2 for brown belts)	Choong Moo (1/2 for brown belts)	Chil Jang (1/2 for brown belts)
ONE STEP WHITE STRIPE	OneStep#2 inside/Backfist/ Reverse Punch	OneStep #3 inside/spin elbow/ backfist sweep	OneStep#1 Triple Punch
GRAB DEFENSE WHITE STRIPE	Front & Back Bear Hugs ( four )	Grab#2 - Front Choke 1&2	Grab#5-ide headlock 1&2
GROUND DEFENSE WHITE STRIPE	from mount to guard & reverse	from mount to guard & reverse	from mount to guard & reverse

## PHRASES

bow to the instructor -  
bow to the master  
BOW TO grand master

*kyo sah nim - kae kunyae*  
*sah bum nim- kae - kunyae*  
*kwan jang nim - kae kunyae*

round (roundhouse) kick  
back kick  
front kick  
side kick

*dolrya chagi*  
*dwi chagi*  
*ahp chagi*  
*yup chagi*

## NEEDED TO BELT TESTS

10 classes - 14 Stripes  
the stripe on the right side means we covered in class  
the stripe on the left side means you are ready to test  
at least 2 months of training  
Belt fee  
Letter of Recommendation