

Montgomery TaeKwonDo Academy

BROWN BELT Stripe Requirements

1st Stripe:

1. Eleven movements of Kwang-Ho, without assistance
2. Explain the meaning of Brown Belt
3. Good Attendance
4. Consistent Effort

2nd Stripe:

1. Twenty-five movements of the form, without assistance
2. All required knowledge of Kwang-Ho
3. Good Attendance
4. Consistent Effort

3rd Stripe:

1. All thirty-nine movements of the form, without assistance
2. All required knowledge of Kwang-Ho
3. Demonstrate Chun-Ji (*White Belt Form*) and required knowledge
4. Good Attendance
5. Consistent Effort

4th Stripe:

1. Self Defense 1 – 3 (*For Juniors*) 1 – 4 (*For Adults*)
2. Jump Spin Hook Kick
3. Good Attendance
4. Consistent Effort

5th Stripe:

1. Explain the purpose of Board Breaking
2. Board Braking Choices: Side Kick, Front Kick, Horizontal Elbow, Hammer Fist (*Demonstrate One Hand Technique and One Kick*)
3. Good Attendance
4. Consistent Effort

To Earn a Senior BROWN BELT:

Students must be able to perform all skills listed above upon request.

Minimum of 36 Classes.

Positive Attitude towards fellow students and instructors.

Students must achieve personal best at this level.

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BROWN BELT Study Guide

Brown Belt:

Form: Kwang-Ho

Meaning of Kwang-Ho: Kwang-Ho- Lee was one of the key figures in bringing TaeKwonDo to America in the early seventies.

Number of Movements: 39

Brown Belt represents, the earth from which the plant has spouted and develop the strong root system needed for the tree to stand tall.

Board Breaking is a demonstration of proper technique and confidence. Accuracy, balance, speed and focus will give students the power needed to break wood.

Board Breaking Formula

F = M x A