

# Montgomery TaeKwonDo Academy

## SENIOR BROWN BELT Stripe Requirements

### 1<sup>st</sup> Stripe:

1. Thirteen movements of Hwa-Rang, without assistance
2. Good Attendance
3. Consistent Effort

### 2<sup>nd</sup> Stripe:

1. Twenty-one movements of the form, without assistance
2. All required knowledge of Hwa-Rang
3. Good Attendance
4. Consistent Effort

### 3<sup>rd</sup> Stripe:

1. All Twenty-nine movements of the form, without assistance
2. Demonstrate Dan-Gun (*Yellow Belt Form*) and required knowledge
3. Good Attendance
4. Consistent Effort

### 4<sup>th</sup> Stripe:

1. Self Defense 1 – 3 (*For Juniors*) 1 – 4 (*For Adults*)
2. Demonstrate #2 Jump Inside Crescent Kick
3. Count to ten in Korean
4. Good Attendance
5. Consistent Effort

### 5<sup>th</sup> Stripe:

1. Explain the Formula for Board Breaking  $F=MA$
2. Board Braking Choices: Spin Side Kick, Round Kick, Palm Heel, Knife Hand (*Demonstrate One Hand Technique and One Kick*)
3. Good Attendance
4. Consistent Effort

### **To Earn a RED 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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## SENIOR BROWN BELT Study Guide

Senior Brown Belt

**Form:** Hwa-Rang

**Meaning of Hwa-Rang:** Hwa-Rang literally means ‘*flowering manhood*’ and was the name of the youth group that originated in the Silla Dynasty. This group was credited with the unification of the three kingdoms of Korea; the Koryo, the Ko-ku-ryu and the Baek-jae. The twenty-nine movements represent the 29<sup>th</sup> infantry were TaeKwonDo developed into maturity under General Choi-Hung-Hi.

**Number of Movements:** 29

**The White Belt Form, Chun-Ji** has sixteen combinations, and represents Heaven and Earth. **Dan-Gun the Yellow Belt Form** was named after the legendary founder of Korea and has twenty combinations. **Do-San the Senior Yellow Belt Form** was the pen name of Ahn-Chang-Ho. The twenty-four combinations represent the years he devoted to furthering the education of Korea and its independence movement.

**One – Ten in Korean:**

**Ha-na Dool Set Net Da-sut Yuh-sut Il-gup Yuh-dool Ah-hop Yol**

The common formula for board breaking is actually the formula for **FORCE**; which is **MASS** (*the weight of something*) multiplied by **ACCELERATION** (*the speed of the object*) or **F = MA**