

NAME: _____

BROWN Belt Curriculum

You Must Know & Understand

Your Form: Taekguk 6 (YUK JANG)

Half Part

Your Kick: Switch Round Kick, Round Kick, Fast Down Kick

Your Breaking: Fast Down Kick

Sparring: Roundkick, DBL Roundkick, Fast Downkick

Your Stances:

*Refer to White-Blue Belt

Your Basic Hand techniques:

Palm Block

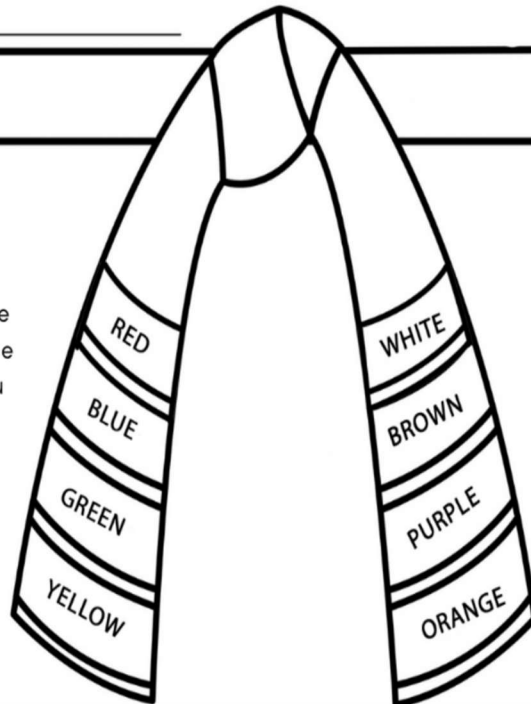
Refer to White-Blue Belt

EAGLE TAEKWONDO

Name: _____

Color your belt color.
Color in your stripes when the instructor says you have earned it during class. Once all stripes are colored, you may schedule for testing.

What color is your belt now?



STRIPES CHECKLIST

- RED- FORMS
- BLUE- SPARRING
- GREEN - BREAKING
- YELLOW - KICKING
- WHITE - CHALLENGE
- BROWN- KNOWLEDGE
- PURPLE- PERFORMANCE
- ORANGE - FITNESS



QUESTIONS

Korean Terminology

Back Kick **DWI CHA GI**

Back Swing Kick **DWI DOLRYO CHA GI**

*Refer to White-H-Blue Belt

What is ABC's Conflict Resolution?

A-Avoid potentially dangerous situation;

B-Be calm and breathe;

C-Communicate with confidence;

D-Don't make the situation worse by arguing or fighting



Written Test

Brown Belt testing Brown High Belt

What is your next goal in life? (In school, in taekwondo, at home, or at work)

What is the ABC's Conflict Resolution?

A

B

C

D