

NAME: _____

H - BROWN Belt Curriculum

You Must Know & Understand

Your Form: Taekguk 6 (YUK JANG)

Full Part

Your Kick: low high front kick switch
front hook kick

Your Breaking: Hook Kick

Sparring: Dash Front hook, Roundkick,
Dash Front hook, Roundkick

Your Stances:

*Refer to White-Blue Belt

Your Basic Hand techniques:

Palm Block

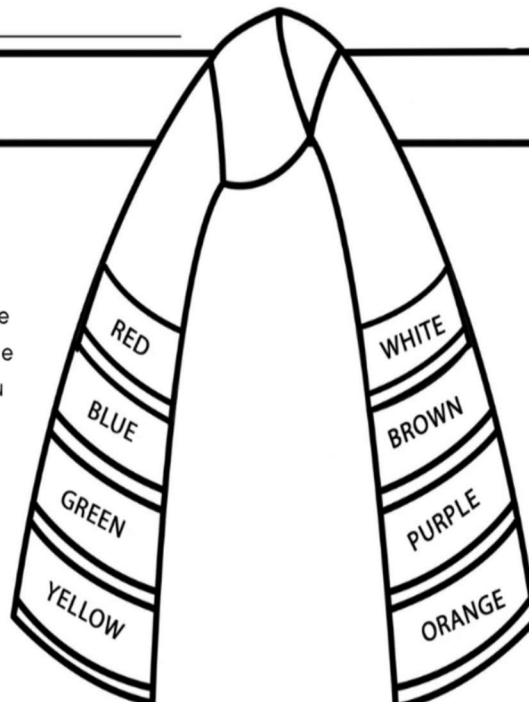
Refer to White-Blue Belt

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

MEMORIZE THE FOLLOWING:

- What are 4 morning questions?
 1. What am I happy about today?
 2. What am I most grateful for?
 3. What am I most proud of?
 4. What am I most excited about?
- What are 2 evening questions?
 1. How did I contribute today?
 2. What did I learn today?



Written Test

Brown High Belt Testing Red Belt

Explain how you've improved yourself mentally, physically, and emotionally so far.

(Answer must be a minimum of 100 words)

- What are 4 morning questions?
- What are 2 evening questions?