Brown Belt Testing Requirements

A. Basics & Kicks - First Stripe
1. Rear stance, Palm upset block, Double knifehand low block, Side high/low knifehand block, High X-block, Low double ridgehand strike, palm heel strike
2. #1-, #2-, #3-, #4-Heel kicks, Reverse heel kick, Step forward reverse heel kick, Spin heel kick, Step forward spin heel kick

B. Form - Second Stripe
1. Choong Jung 1, 44 moves
2. Free sparring (Must use own kicking techniques in sparring)

C. One-Step Sparring - Third Stripe
1. Break 2 stations 1 board
2. Self Defense Techniques - Optional

Form: Choong Jung II Jahng (1)

1. Left foot steps north to middle stance, left palm upset block. And...
2. In continuous motion, right punch. And...
3. In continuous motion, left punch.
4. Left foot steps to right foot. Right foot steps to middle stance, right palm upset block. And...
5. In continuous motion, left punch. And...
6. In continuous motion, right punch.
7. Step right foot to west 90 degrees to right back stance, double knifehand block facing east.
8. No step. Face west, right high/left low knifehand block to sides (tension movement).
9. #1 Right side kick.
10. Right foot steps down; move left foot counterclockwise to right back stance (facing west), right high/left low knifehand block to both sides.
11. Double step to south 90 degrees to left front stance, right reverse tension punch while breathing out.
12. #2 Right front kick. Kihap. And...
13. In continuous motion, right round kick.
14. Land in left back stance, double knifehand low block.
15. No step, right foot shifts into right front stance, left reverse upset knifehand strike to high section.
16. Step with left foot 90 degrees to east into right rear stance, left (bent arm) upset ridgehand strike to middle section.
17. To east, shift into right back stance, left horizontal spearhand strike to high section.
18. #3 Left jump outer crescent kick (advance one front stance length). And...
19. In continuous motion, land in right back stance, right reverse palm heel strike to high section. Kihap.
20. Move right foot into closed stance, high X block with fists.
21. No step, right high knifehand strike to front. And...
22. In continuous motion, left punch to middle section. Kihap.

Self-Defense Techniques

1. (A) Two arm shoulder grab.
   (D) Spin with arm lock up, Repeat vertical punch to ribs, Elbow strike, Clear with pressure point.

2. (A) One arm headlock from behind.
   (D) Radial strike, Shift weight down, Step away, Stun to Brachial Plexus Origin, Backfist to head. Hair grab to takedown.
Form Meaning
The name of your form is CHOONG JUNG which means: “All things turn out perfect and beautiful.”

Color Belt Philosophy
The philosophical interpretation of the Brown Belt is:
“The tree is firmly rooted in the earth.”
At this point the student has mastered the basics and developed deep roots in Taekwondo.

Form
Segments break down: 3 - 3 - 4 - 5 - 4 - 3 - 6 - 4 - 3 - 5 - 4

Choong Jung II Jahng (1) has 44 movements and its Ki-haps are on the 12th movement (right front kick), the 22nd movement (left punch), and the 32nd movement (left reverse palm heel strike).

Board Breaking - Evidence of Power
**General:** All breaks should be done as “combinations” as though in a combat situation. After bowing, the student should break immediately. Stopping to “measure” the boards or any other pause longer than taking a breath shall be considered a “try” and will count against his/her score.

New Techniques
Students may not do the same break at successive testings.

- **Juniors:** Up to 6 yrs. will break boards 5” by 12”; 7 yrs. to 8 yrs. will break boards 7” by 12”; 9 yrs. to 10 yrs. will break boards 9” by 12”.

- **Adults:** 11 yrs. and up will break boards 12” by 11”.

At 13 yrs. and under, the student is required to break one board at each station. Students ages 14 and up must break two boards at each station. All junior ladies and adult ladies are required to break one board at each station, unless otherwise directed by their Instructor.

Technique Requirements
1. Reverse Elbow, Side Kick.
2. Reverse Elbow, Front Kick.
(Kicks are midsection and may be #1, #2, #3, or #4).

Mid-Term Requirements
Students should refer to their Instructor for possible Mid-Term testing requirements.

NOTE: Brown belts must have knowledge of all material up to their rank. All material must be performed correctly. 2R brown belts must have at least 21 classes to test. 2D brown belts must have at least 21 classes to test. All brown belts must have a proper uniform for testing. A proper uniform consists of a clean and pressed uniform with lettering on the back and patches on the front. All upper ranks must exhibit a martial art attitude with high spirit and motivation.