

# Brown Belt/ 3<sup>rd</sup> Gub

## Philosophies and Requirements

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### Meaning of Belt:

Represents the symbol of **MOUNTAIN TOP**. Mountains demonstrate stability, strength, and endurance. Fast action has its place, but you should never act too hastily, know when to press on, but even more importantly, know when to stop!

### Requirements for Testing to Red Belt:

**0. Poomse (Form):** Tae Kug 7 (Chil) Jang – 19 movements

**0. Techniques: (Including all prior ranking techniques already listed)**

- Stance – Tiger Stance
- Hand techniques – Reverse Knife-hand Strike
- Blocks – X-High and Low Block  
Palm Pressing Block (Wedging Block)
- Kicks – Turning forward/backward Roundhouse Kick  
Jump Side Kick
- Foot Skills – Step and Slide Backward coordination
- Basic Movement – Number 1 to Number 54
- Combination Skills – All Basic Kicks with step or slide Backward  
Turning roundhouse Kick with Balance  
Combination Foot skills on fighting Stance
- Rolling Method – Run/Jump and Rolling

**0. Breaking:** Turning Round House Kick combination Breaking

**0. Sparring:** Demonstrate 15 good Sparring techniques  
Demonstrate Return Kick  
Do not miss Block

**0. Terminology: (Including all prior ranking techniques already listed)**

- Beginner – Cho Gub Ja
- Black Belt – Yu Dan Ja
- Korean Natial Martial Art – Kuk Ki Tae Kwon Do
- Basic Exercise – Ki Bon Un Dong
- Basic Movement – Ki Bon Dong Jack
- Knife-hand Strike to Neck – Son Nal Mok Chi Gi

# Jeon's Tae Kwon Do Academy

Chun Ma Tae Kwon Do - American Tae Kwon Do Centers

Application for promotion to Red Belt (2<sup>nd</sup> Gub)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Last Promotion: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Test Fee: \$70 Paid: \_\_\_\_\_

If at any time I violate any of the following three (3) rules and regulations governing Chun Ma Tae Kwon Do Academy, Inc., I hereby agree that the Chun Ma Tae Kwon Do Academy Reserves the right to suspend my rank or status:

0. The purpose of the martial arts is to improve both mental and physical health and all members must uphold and protect the honor and prestige of the Martial Arts.
1. Members are forbidden to use Martial Art Techniques to provoke and challenge innocent persons, and such use will make offending members subject to disciplinary action.
2. That the Chun Ma Tae Kwon Do Academy is the sole and only judge of my qualifications and achievement in the Martial Arts.

I will accept any grade or belt rendered by the school and federation with complete satisfaction, neither demanding nor protesting for a higher grade or belt.

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Applicant's Signature: \_\_\_\_\_

Parent's or Guardian's Signature: \_\_\_\_\_

(If applicant is under 18 years old)

CATEGORY	Grade	Comments
B. Movement		
Poomse		
Hand Skills		
Kick Skills		
1 - T - L - S		
Sparring		
Breaking		
Terminology		
Endurance		
Speed Kick		

# Written Test

Red Belt (2<sup>nd</sup> Gub)

Must be completed before student receives belt

## Terminology:

Please Write the Korean Word for the following:

Beginner: \_\_\_\_\_

Black Belt: \_\_\_\_\_

Korean national Martial Art: \_\_\_\_\_

Basic Movement: \_\_\_\_\_

Basic Exercise: \_\_\_\_\_

Knife Hand Strike to Neck: \_\_\_\_\_

## Personal Growth:

Why do you always want to finish what you start? Perseverance.

## Parents (Spouses) Turn:

What Improvements have you seen in your child/spouse since their last promotion test? In what areas?

In what Areas would you like to see more improvement?

Space for additional comments (Students/Parents/Spouse):