

Requirements for Promotion to 1st Grade Brown Belt

- 1) Basic Motion
 - a) the student should be able to demonstrate all lower belt techniques with increased proficiency.
 - b) The student should be able to demonstrate all the required techniques in combination with each other
 - c) The student should be able to demonstrate the following techniques with a partner as either attacker or defender.
 - i) Hands only (a variety of well timed, powerful, accurate hand strikes)
 - ii) Feet only (a variety of well timed, powerful, accurate kicks)
 - iii) Hands and feet (a well balanced mixture of both)
- 2) Kata
 - a) Lower belt forms (Taegot 1, 2, 3; Pinan 1, 2, 3, 4 and 5; Kibon 4; Bo 1)
 - b) New forms
 - i) Ni An Chi 1
 - ii) Ni An Chi 2
 - iii) Bo 1 (weapons kata)
- 3) One Step Sparring
 - a) The student should demonstrate five new techniques
 - b) Elbow locks, wrist locks, chokes, strangles, and wrist throws are permitted.
 - c) Aerial throws are not permitted.
- 4) Jujitsu
 - a) The student should be able to defend against all attacks except full arm chokes and strangles.
 - b) Elbow locks, chokes, strangles, and wrist throws are permitted
 - c) Aerial throws are not permitted.
- 5) Technique Limits
 - a) Examples of techniques that are permitted
 - i) all sweeps
 - ii) Reaps
 - iii) Shiho nage
 - iv) Chin techniques

- v) Ikkyo, nikyo, sankyo
 - vi) Body scissors
 - vii) Kote gaeshi
- b) Examples of techniques that ARE NOT permitted
- i) Hip throws (in any form)
 - ii) Chinese sweep against the front of the leg
 - iii) Tomonage
- 6) Free Sparring
- a) The student should be ready to demonstrate fighting skills.
 - b) The student will fight at least one match against an opponent of the instructor's choosing.
- 7) Exam rules
- a) The student should have the instructor's permission to take the exam
 - b) The student should register prior to the exam date
 - c) The student **MUST** wear full uniform (gi top, gi pants, and belt) with TKA patch and appropriate flags (Korean and American). The uniform should be neat and clean. The sleeves should **NOT** be rolled up.