

## Requirements for Promotion to 2<sup>nd</sup> Grade Brown Belt

- 1) Basic Motion – the student should be able to demonstrate all lower belt techniques with increased proficiency.
  - a) Foot techniques
    - i) Jump round kick
    - ii) Spin kick
  - 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. (They are listed *attack – defense*)
    - 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)
  - d) 12 Count with the Bo (compulsory)
- 2) Kata
  - a) Lower belt forms (Taegot 1, 2, 3, Pinan 1, 2, 3, and 4)
  - b) New forms
    - i) Kibon 4
    - ii) Pinan 5
- 3) One Step Sparring
  - a) The student should demonstrate five new techniques
  - b) Elbow locks, wrist locks, chokes, strangles, and basic take-downs are permitted.
  - c) Wrist throws, aerial throws, and “high level” 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, wrist locks, chokes, strangles, and basic take-downs are permitted
  - c) Wrist throws, aerial throws, and “high level” throws are not permitted.
- 5) Technique Limits
  - a) Examples of techniques that are permitted
    - i) Simple sweeps
    - ii) Reaps

- iii) Shiho nage
  - iv) Chin techniques
  - v) Ikkyo, nikyo, sankyo
- b) Examples of techniques that ARE NOT permitted
- i) Hip throws (in any form)
  - ii) Chinese sweep
  - iii) Tomonage
  - iv) Body scissors
  - v) Kote gaeshi
- 6) Other
- a) the student must have competed in at least two intramural tournaments to be eligible.
  - 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.