



## **Brown Belt Homework**

Brown belts interested in testing to Brown Senior must know the following, as well as previous items:

Rank: 3<sup>rd</sup> Gup

### **Vocabulary:**

Everything from previous belts

### **Form:**

TAEGUEK Oh Jang

### **Self-Defense:**

All Self Defense that the student has learned in class, minimum is Number 5, starting from a Left guarding stance.

### **Board-Breaking:**

Right Leg Back Spin Kick

### **Strength:**

30 Pushups, 80 Squats, Practice Black Belt Run

COST \$155

BELT TESTING DATE: \_\_\_\_\_ PARENT SIGNATURE: \_\_\_\_\_