



Brown Senior Homework

Brown Seniors interested in testing to Red belt must know the following, as well as previous items:

Rank: 3rd Gup

Vocabulary:

Everything from previous belts

Form:

TAEGUEK Yuk Jang

Self-Defense:

All Self Defense that the student has learned in class, minimum is Number 6, starting from both a Right and Left guarding stance.

Board-Breaking:

Left Leg Back Spin Kick

Strength:

30 Pushups, 80 Squats, Practice Black Belt Run

Images:

COST \$165

BELT TESTING DATE: _____ PARENT SIGNATURE: _____