**Brown Belt with Stripe (3rd Gup) Curriculum Sheet**

**Required Attendance**:

Minimum of 24 Classes & 3 Months Training since Date of Last Test

**Required Score on Test:**

70% - Written; 70% - Physical;

**Required Thesis:**

Minimum of 1 Paragraph of 4-6 Sentences

**Other Requirements:**

Student MUST have Brown Trim on Uniform

**Required Techniques:**

Hand Techniques: Foot Techniques:

- Low Double Hand X Block - 1 Stage Jumping Axe Kick

- High Knife Hand Block - 1 Stage Jumping Hook Kick

 - Double Jumping Front Kick (feet apart)

Forms: Weapons:

Pyung Ahn Sah Dan 1 Hand Forward Figure 8

 1 Hand Reverse Figure 8

 Bong Hyung Il Bu

Hand One Step Techniques: Foot One Step Techniques:

#16 – Parry Block, Double Elbow Strike #16 – Low X Block, Punch, Knee Strike

#17 – Knife Hand Block, 2 Finger Spear Hand, Back Fist #17 – Palm Block, Spinning Hook Kick

#18 – Knife Hand Block, Claw Hand & Sweep Kick, TD #18 – Palm Block, Spinning Hook Kick, Round House Kick

Self Defense Techniques: Other Self Defense Techniques:

#16 – Front Double Wrist Grab Full Nelson

#17 – Rear Double Wrist Grab

#18 – Double Lapel Grab

Rolls & Break Falls: Sparring:

None Sparring ability against 2 people