**Brown Belt with Stripe (3rd Gup) Study Guide**

This Study Guide is designed to prepare you for your written examination. The answers to the questions below are found in your Student Manual. If you have any questions about the material, be sure to ask an Instructor. You are responsible for anything on previous Study Guides. You are also responsible for reading the Studio (Dojang) Newsletter. There may be questions on your test about the articles. This worksheet must be filled out and submitted in order to test.

**Terminology**

Staff \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Respect \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Humility \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Ridge Hand \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hand Techniques \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Fore Fist \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Foot Techniques \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Vertical Punch \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Plier / Claw Hand \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Heel of Palm \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Low Double Hand X Block \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Diagonal Kick \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

High Double Hand X Block \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Internal Power Exercise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Focus of Eyes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ External Power Exercise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Basic Technique Exercise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Spiritual Power Exercise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Warm Up Exercise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Spinning Spear Hand \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Spinning Inside Outside Crescent Kick \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Spinning Knife Hand \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Spinning Outside Inside Crescent Kick \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Spinning Back Fist \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Spinning Axe Kick \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Spinning Hammer Fist\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**General Knowledge** (write answers on back of this sheet)

1. Why do we practice One Step Sparring? 2. Why do we Bow?

3. Why do we practice Breaking? 4. What does the Brown Belt mean?

5. Know your Studio & Association Membership Numbers. 6. Where is Korea?

**History**

1. Who is Jae Chul Shin? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. Who is Hang Jung? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. What the historical events that happened in/on the following dates?

- 57 BC \_\_\_\_\_\_\_\_ - 37 BC \_\_\_\_\_\_\_\_ - 18 BC \_\_\_\_\_\_\_\_ - 668 AD \_\_\_\_\_\_\_\_

- 918 AD \_\_\_\_\_\_\_\_ - 1392 AD \_\_\_\_\_\_\_\_ - 1790 AD \_\_\_\_\_\_\_\_ - Nov. 9th, 1945 \_\_\_\_\_\_\_\_

- 1958 \_\_\_\_\_\_\_\_ - 1968 \_\_\_\_\_\_\_\_ - Nov. 13th-14th, 1982 \_\_\_\_\_\_\_ - 2012 \_\_\_\_\_\_\_\_

**Forms**

Peace and Confidence Form #4 – **Pyung Ahn Sah Dan**

Creator – **Master Anko Itosu**

Date Created – **1870**

Place Created – **Hunan Province, Southern China**

Number of Moves – **29**

Original Name – **Jae Nam**