**Brown Belt (4th 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 Essay of 4-6 Sentences

**Other Requirements:**

Student MUST have Green Trim on Uniform

**Required Techniques:**

Hand Techniques: Foot Techniques:

- Spinning Hammer Fist - Diagonal Kick

- Spinning Back Fist - 1 Stage Jump Side Kick

- Spinning Knife Hand - 1 Stage Jump Spinning Back (180°) Kick

Forms: Weapons:

Pyung Ahn Sam Dan 2 Hand Forward Figure 8

2 Hand Reverse Figure 8

Ki Cho Bong Hyung

Hand One Step Techniques: Foot One Step Techniques:

#14 – Parry Block, Grab Shoulder, Side Kick, TD #14 – Outside Inside Crescent Kick, Spinning Wheel Kick

#15 – Downward Block, Clothes Line & Sweep Kick, TD #15 – Outside Inside Crescent Kick, Side Kick

Self Defense Techniques: Other Self Defense Techniques:

#14 – Side Wrist Grab V-Step Attacks

#15 – Side Back Grab

Rolls & Break Falls: Sparring:

Side Break Fall Sparring ability against 1 person