

# **Red and Brown Stripe Belt Requirements - Adults**

*(Minimum 4 months & 40 classes each belt)*

## **First Brown Stripe**

### **Hand Strikes and Kicking Basics**

1. All previous hand and foot strikes
2. Spin Hook Kick
3. Axe Kick

### **Pads Kicks**

1. Offensive side kick
2. Defensive side kick
3. Turn Side Kick
4. Back Leg Round Kick
5. Back Leg Thrust Kick
6. Knee

### **Kickboxing Techniques**

All Previous Combos, and All Proper Footwork

## **Second Brown Stripe**

### **Self-Defense**

1. Push Defense
  2. Wrist Grab – Reverse Grab, Throat Strike, Reverse Leg Sweep
- All previous self-defense techniques

## **Third Brown Stripe**

### **Blocks/Marching Basics**

1. Sudo Block (back stance) – Punch (front stance)
2. Sudo Block (back stance) – High Block (front stance) – Punch (front stance)
3. Low Block (front stance) – Front Kick/Lunge Punch (front stance)
4. Side Block (back stance) – Punch (front stance)

### **Form**

Shee Hyung Bo “First Bo Form”

## **Fourth Brown Stripe**

### **Sparring**