

Red and Brown Stripe Belt Requirements – Adults

(Minimum 3 months & 30 classes)

First Brown Stripe

Previous Hand Strikes

1. Throat Strike
2. Elbow
3. Hammer Fist
4. Ridge Hand
5. Palm Heel
6. Back Fist / Jab
7. Reverse Punch
8. Front & Back Hooks
9. Front & Back Uppercuts

New Kicking Basics

1. Spin Hook Kick
2. Axe Kick

Previous Kicking Basics

1. Hook Kick – Round Kick
2. Hook Kick
3. Slide Round Kick
4. Back Leg Round Kick
5. Side Kick
6. Round Kick
7. Front Leg Front Kick
8. Back Leg Front Kick
9. Back Leg Thrust Kick
10. Back Kick

New Pad Strikes

1. Knee

Previous Pad Strikes

1. Turn Side Kick
2. Back Leg Round Kick
3. Offensive Side Kick
4. Defensive Side Kick
5. Back Leg Thrust Kick
6. Thrust Kick
7. Standing Side Kick (on Bar)

Previous Kickboxing Techniques

1. Jab, Punch, Front Hook, Front Leg Round Kick
2. Jab, Punch, Front Upper Cut, Front Leg Front Kick
3. Jab, Punch, Back Leg Round Kick, Back Leg Round Kick
4. Jab, Punch, Front Upper Cut, Back Upper Cut
5. Jab, Punch

Second Brown Stripe

New Self-Defense

1. Push Defense
2. Wrist Grab – Reverse Grab, Throat Strike, Reverse Leg Sweep

Previous Self-Defense

1. Double Chicken Wing
2. Hammer Lock
3. Head Lock
4. Arm Bar Choke
5. Front Choke
6. Bear Hug
7. Outside Block – Palm to attackers nose
8. Lapel Grab
9. Outside & Inside Blocks
10. Front Wrist Grabs
11. Rear Wrist Grabs

Third Brown Stripe

Stances

1. Back Stance
2. Front Stance

New Blocks/Marching Basics

1. Side Block (Back Stance) – Punch (Front Stance)

Previous Blocks/Marching Basics

1. Sudo Block (Back Stance) – High Block (Front Stance) – Punch (Front Stance)
2. Low Block (Front Stance) – Front Kick/Lunge Punch (Front Stance)
3. Sudo Block (Back Stance) – Punch (Front Stance)

Form

Shee Hyung Bo “First Bo Form”

Fourth Brown Stripe

Sparring