

Red and Brown Stripe Belt Requirements - Youth

(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

Second Brown Stripe

Self-Defense

1. Push Defense
 2. Wrist Grab – Reverse Grab, Throat Strike, Reverse Leg Sweep
- All previous punch and grab defenses

Third Brown Stripe

Classical Basics

1. Sudo Block (back stance)
2. Classical Punch (front stance)
3. Low Block (front stance)
4. High Block (front stance)

Form

Shee Hyung Bo “First Bo Form”

Fourth Brown Stripe

Sparring