



Solid Red Belt Requirements

(Minimum 3 months & 30 Classes)

IN ADDITION TO EVERYTHING LEARNED AT THE PREVIOUS LEVEL(S)

1st Brown Stripe (Basics)

Kicking Strikes

1. Hook Kick + Round Kick Combo
2. 6 Multiple Round Kicks without setting down
3. 6 Multiple Side Kicks balancing for 3 seconds
4. [Back Leg Round Kick \(Paper\)](#)
5. [Back Leg Round Kick \(Pad\)](#)

2nd Brown Stripe (Self-Defense)

Two Handed Push

1. Attacker starts in front of the defender.
2. Attacker pushes the defender back.
3. The defender brings both their hands up showing the attacker they surrender.
4. The attacker comes at the defender with another push.
5. The defender moves one foot and rotates 180 degrees leaving the closest hand to the attacker to brush block their arms.
6. The defender then shifts their closest foot to the attacker, while their back-foot twists.
7. Defender performs a palm heel strike to the attacker's face/nose.
8. Defender steps away into a fighting stance.

Double Wrist Grab from Behind

1. Attacker starts behind the defender.
2. The attacker uses both of their hands to grab both defender's wrists.
3. The attacker pulls the defender back.
4. The defender steps back to anchor their body resisting the pull.
5. The defender uses their dominant leg to stomp to the knee.
6. The defender claps to the side of their waist as they step and burst their hands forward, freeing themselves from the attacker's grip.
7. The defender follows up with an elbow strike to the attacker's face.
8. Defender steps away into a fighting stance.

3rd Brown Stripe (Form)

Shee Hyung Bo (1st half)

"First Bo Form"

4th Brown Stripe (Sparring)