



# BROWN BELT

## (2nd Gup)

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<p><b>Techniques:</b></p> <ol style="list-style-type: none"> <li>1. Back stance – Twin forearm block, double punch</li> <li>2. Front stance – Bow wrist across, Circular block</li> </ol>	<p><b>Kicks:</b></p> <ol style="list-style-type: none"> <li>1. Inner Crescent , Hurricane</li> <li>2. Inner Crescent, spinning outer crescent, inner crescent</li> </ol>
<p><b>One Steps:</b></p> <ul style="list-style-type: none"> <li>• High, Mid, Low one steps with 4 strikes</li> </ul>	<p><b>Self Defense:</b></p> <ul style="list-style-type: none"> <li>• Hip toss</li> </ul>
<p><b>Noc Bup:</b></p> <ul style="list-style-type: none"> <li>• Diving roll</li> </ul>	<p><b>Breaks:</b></p> <ol style="list-style-type: none"> <li>1. Spinning Hook</li> <li>2. Ridge hand</li> </ol>
<p><b>Sparring:</b></p> <ol style="list-style-type: none"> <li>1. One on One</li> <li>2. Two on One</li> </ol>	<p><b>Hyung (Form):</b></p> <p>Koguryo [Northern Dynasty (1st Half)]</p>
<p><b>Knowledge:</b></p> <ol style="list-style-type: none"> <li>1. What is "Humility," give several examples, and why is it important to you</li> <li>2. What is the name and meaning of your Brown Belt form?</li> </ol>	<p><b>Terminology:</b></p> <p>Know the meanings/definitions; not what you do when you hear it:</p> <ol style="list-style-type: none"> <li>1. Choon Bee Wong Dong</li> <li>2. Il Soo Sik Dae Ryun</li> <li>3. Dae Ryun</li> <li>4. Ho Sin Sul</li> <li>5. Kyuck Pa</li> <li>6. Chung Shin Tong Il</li> <li>7. In Neh</li> <li>8. Kyum Sohn</li> <li>9. Chon Kyung</li> </ol>

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