

Family Martial Arts Center

Student _____

Age _____ Student Number _____

**I.D. Size Photo
REQUIRED**

**Test form, fee and
picture are due one
week before your test.**

ADULT BROWN BELT

Number	Description of Technique	Score
1	Turning Back 180 Back Knuckle, High Elbow, Turn Forward 180 Side Elbow, Middle Punch – Di Ekwon, Ulgool Pal Kup Chirugi, Yup Pal Kup Chirugi, Momtong Chiggi	
2	Reinforced Outside Block, Knife Hand Neck Attack, High Front Snap Kick – Du Pal Mok Bakka Makki, Son Nal Mok Chirugi, Ulgool Up Chuggi	
3	Side Kick, Jumping Side Kick, Back Knuckle, Ridge Hand, Middle Punch– Yup Chuggi, Edan Yup Chuggi, Ekwon, Bondae Son Nal, Momtong Chiggi	
4	Front Tumble, Jumping Front Hook Kick, Side Knife, Uppercut Punch – Up Nak Bup, Edan Up Wholeggi, Yup Son Nal, Ulgool Chiggi	
5	Form 5 – Poomsae Taegeuk Oh Jang	
6	Dive Tumbling – Over 2 Obstacles – Nak Bup	
7	Balance Skills (Jumping Kicks While Spinning) – Edan Chuggi	
8	Blocking Skills (Redirection Drill) – Makki	
9	Self Defense 6– Ho Shin Sul – <i>Bear Hug</i> (you must also create your own defense vs. double lapel grab – type and attach to form)	
10	One Step Punch Sparring 6 – Ilbo Son Kyurugi	
11	One Step Kick Sparring 1 – Ilbo Bal Kyurugi	
12	Medium-contact Free Sparring – Kyuroogi	
13	Breaking – Kyuk Pa (Side Kick 2 Boards - Men – Women: 1 Board - Yup Chuggi. Both sexes must break 1 board using Jumping Middle Front Kick – Edan Up Chuggi)	
14	Physical Skills – 15 Pushups, 30 Rowing Exercises	
15	Questions	
16	Essay – The History of Tae Kwon Do – 1 page typed, bound in a cover	

Please return your test form within one week.

Examiner: _____ Result: _____ Date: _____