



KICKSIDE
MARTIAL ARTS

BROWN BELT Stripe Requirements

1st Black Stripe:

1. Eleven movements of Kwang-Ho, without assistance
2. Explain the meaning of Brown Belt
3. Good Attendance
4. Consistent Effort

1st Red Stripe:

1. Self Defense #1 & #2 (note: rotating curriculum)
2. Good Attendance
3. Consistent Effort

2nd Black Stripe:

1. Twenty-five movements of the form, without assistance
2. All required knowledge of Kwang-Ho
3. Good Attendance
4. Consistent Effort

2nd Red Stripe:

1. Self Defense #3 (note: rotating curriculum)
2. Curriculum kick
3. Explain the purpose of Board Breaking
4. Good Attendance
5. Consistent Effort

3rd Black Stripe:

1. All thirty-five movements of the form, without assistance
2. All required knowledge of Kwang-Ho
3. Demonstrate Chun-Ji, Dan-Gun, Do San (White through Sr. Yellow forms) and required knowledge
4. Good Attendance
5. Consistent Effort

To Earn a Senior BROWN BELT:

Students must be able to perform all skills listed above upon request.

Minimum of 36 Classes.

Positive Attitude towards fellow students and instructors.

Students must achieve personal best at this level.



BROWN BELT Study Guide

Brown Belt:

Form: Kwang-Ho

Meaning of Kwang-Ho: Kwang-Ho- Lee was one of the key figures in bringing TaeKwonDo to America in the early seventies.

Number of Movements: 39

Brown Belt represents, the earth from which the plant has spouted and develop the strong root system needed for the tree to stand tall.

Board Breaking is a demonstration of proper technique and confidence. Accuracy, balance, speed and focus will give students the power needed to break wood.

Board Breaking Formula: $F = m \times a$ (force = mass x acceleration)

Board Braking Choices for belt testing: Side Kick, Front Kick, Horizontal Elbow, Hammer Fist (*Demonstrate One Hand Technique and One Kick*)