



KICKSIDE
MARTIAL ARTS

SENIOR BROWN BELT Stripe Requirements

1st Black Stripe:

1. Thirteen movements of Hwa-Rang, without assistance
2. Good Attendance
3. Consistent Effort

1st Red Stripe:

1. Self Defense #1 and #2 (note: rotating curriculum)
2. Count to ten in Korean
3. Good Attendance
4. Consistent Effort

2nd Black Stripe:

1. Twenty-one movements of the form, without assistance
2. All required knowledge of Hwa-Rang
3. Good Attendance
4. Consistent Effort

2nd Red Stripe:

1. Self Defense #3 (note: rotating curriculum)
2. Curriculum kick
3. Explain the Formula for Board Breaking F=MA
4. Good Attendance
5. Consistent Effort

3rd Black Stripe:

1. All Twenty-nine movements of the form, without assistance
2. Demonstrate Chun-Ji, Dan-Gun, and Do San (*White through Sr. Yellow Belt Forms*) and required knowledge
3. Good Attendance
4. Consistent Effort

To Earn a RED 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.



SENIOR BROWN BELT Study Guide

Senior Brown Belt

Form: Hwa-Rang

Meaning of Hwa-Rang: Hwa-Rang literally means “*flowering manhood*” and was the name of the youth group that originated in the Silla Kingdom. This group was credited with the unification of the three kingdoms of Korea: Baekje, Goguryeo, and Silla. The twenty-nine movements represent the 29th infantry were TaeKwonDo developed into maturity under General Choi-Hung-Hi.

Number of Combinations: 29

The White Belt Form, Chun-Ji has sixteen combinations, and represents Heaven and Earth.

The Yellow Belt Form, Dan-Gun was named after the legendary founder of Korea and has twenty combinations.

The Senior Yellow Belt Form, Do-San was the pen named of Ahn-Chang-Ho. The twenty-four combinations represent the years he devoted to furthering the education of Korea and its independence movement.

How to Count from One to Ten in Korean:

1. Ha-na
2. Dool
3. Set
4. Net
5. Da-sut
6. Yuh-sut
7. Il-gup
8. Yuh-dool
9. Ah-hop
10. Yol

The common formula for board breaking is actually the formula for **FORCE**; which is **MASS** (*the weight of something*) multiplied by **ACCELERATION** (*the speed of the object*) or **F = MA**

Students must demonstrate one kick and one hand technique as a board break at belt testing in order to earn a red belt. Only one of these breaks may be reinforced on cinderblocks.