



jhoon rhee tae kwon do

1st Brown Belt Curriculum

Technical and Push-Ups

1. 9 count Technical Kick: Front, Round, Side, Hook.
2. 1 minute Front Kick and Side Kick Belt Stretch.
3. 50 push-ups in under 1 minute.

Musical Forms

Jayoo, Hanguk, Chosan, and Migook.

Sparring

Be sure to use light contact.

1. Mixed rhythm sparring.
2. Free sparring.
3. Point sparring.
4. 2 vs. 1 sparring.

Leadership and Notebook Requirements

Students are required to have a minimum of 40 Leadership Credits prior to testing to Black Belt. Students must also finalize their notebooks and prepare the speech, "What Jhoon Rhee Tae Kwon Do Has Done for Me."

1st Brown Belt Form: Chashin, meaning Confidence

Chario Chun-bi: Cross fists in, and then extend out in mountain block position.

1. Inside block west with right forearm in a front stance (yell).

2. Rising block with right arm.
3. Shift front foot to a back stance perform a break with right fist in left elbow pit.
4. Pull left leg back in cat stance and aim with right hand.
5. Step out with left foot into a fixed stance punching with left hand (modern guard).
6. Bring feet together, aim with right hand inside block east with left forearm in a front stance.
7. Rising block with left arm.
8. Shift front foot to a back stance perform a break with left fist in right elbow pit.
9. Pull right leg back in cat stance and aim with left hand.
10. Step out with right foot into a fixed stance punching with right hand.
11. Step right foot to left foot, low chop block with left hand.
12. Right punch in low twist stance, rechop with left hand while standing up in high back stance.
13. Skip front kick, back round kick, reverse hook kick, front stance punch with right hand.
14. Step back, low chop block with right hand.
15. Left punch in low twist stance, rechop with right hand while standing up in high back stance.
16. Skip front kick, back round kick, reverse hook kick, front stance punch with left hand (yell).
17. Shift back foot into horse stance, cross at wrists, mountain block.
18. Step through with right foot, knifehand chop with right hand.
19. Cross at wrists, mountain block.

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20. Shift to back stance, low chop block with right hand.
21. Punch with left hand in back stance.
22. Shift back foot into horse stance, cross at wrists, mountain block.
23. Step through with right foot, knifehand chop with right hand.
24. Cross at wrists, mountain block.
25. Shift to back stance, low chop block with right hand.
26. Punch with left hand in back stance.
27. Jump 360 degree chop block (yell).
28. Turn 270 degrees, inside block west with right forearm in a front stance.
29. Rising block with right arm.
30. Shift front foot to a back stance perform a break with right fist in left elbow pit.
31. Pull left leg back in cat stance and aim with right hand.
32. Step out with left foot into a fixed stance punching with left hand (modern guard).
33. Bring feet together, aim with right hand inside block east with left forearm in a front stance.
34. Rising block with left arm.
35. Shift front foot to a back stance perform a break with left fist in right elbow pit.
36. Pull right leg back in cat stance and aim with left hand.
37. Step out with right foot into a fixed stance punching with right hand.
38. Step right foot to left foot, low chop block with left hand.
39. Right punch in low twist stance, re chop with left hand while standing up in high back stance.
40. Back leg round kick, front stance punch, back leg round kick, front stance punch.
41. Step back, low chop block with right hand.
42. Left punch in low twist stance, re chop with right hand while standing up in high back stance.
43. Back leg round kick, front stance punch, back leg round kick, front stance punch (yell).
44. Turn 270 degrees, inside block west with right forearm in a front stance.
45. Rising block with right arm.
46. Shift front foot to a back stance perform a break with right fist in left elbow pit.
47. Pull left leg back in cat stance and aim with right hand.
48. Step out with left foot into a fixed stance punching with left hand (modern guard).
49. Bring feet together, aim with right hand inside block east with left forearm in a front stance.
50. Rising block with left arm.
51. Shift front foot to a back stance perform a break with left fist in right elbow pit.
52. Pull right leg back in cat stance and aim with left hand.
53. Step out with right foot into a fixed stance punching with right hand (yell).
54. Goman: Cross fists in, then extend out in mountain block position.