jhoon rhee tae kwon do

1st Brown Curriculum

Technical Kick: Nine-Count Kick

1. Front kick fold
2. Front kick snap and refold
3. Round kick fold
4. Round kick snap and refold
5. Side Kick fold
6. Side kick lock and hold
7. Hook kick fold
8. Hook kick snap and fold
9. Down.

And all previous technical kicks.

Sparring

Be sure to use light contact.

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

Combinations

There are no new combinations at this rank. Students should be able to show Black Belt proficiency for White Belt Basics and all Combinations; emphasizing correct chambers, pivots, guard position, kick height, speed and fluidity.

Musical Forms

Chosan, Hangook, Migook

Belt Stretch, Push-Ups, and Flexibility

1. 1 minute Front Kick and Side Kick.
2. 50 push-ups in under 2 minutes.
3. Good flexibility

Curriculum Stripes

There are 9 total stripes:

-*Red Stripe:* Attitude and Leadership *(submit leadership proof during class with a minimum of 40 credits; 10 credits for adults)*
-*White Stripe:* Essay & Speech (*submit written essay in class and recite speech during class*)
-*Blue Stripe:* Conditioning and Flexibility

Three (3) Silver Stripes:
-*Technical Kicks*
-*Sparring*
-*Basics/Combinations*

Three (3) Black Stripes
-*Belt Stretch*
-*Musical Forms*
(Chosan, Hangook, Migook, Exodus)
-*Final cumulative stripe for all curriculum White Belt and Up*

(It is possible to earn stripes out of the above listed order.)

Leadership and Speech Details

Students are required to earn a minimum of 40 Leadership Credits prior to testing to Black Belt by attending a Leadership Workshop and assisting with regular classes. Credits can also be earned by assisting with extra-curricular studio events, in which case 30 of the 40 credits must result from regular classes. Students should prepare the essay (2-page, double-spaced) and speech (60-90 seconds) entitled "What Jhoon Rhee Tae Kwon Do Has Done for Me."