



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

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

Jayoo, Chosan, Hanguk*, Migook*
(*Forms flags used)

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

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 essay (2-page, double-spaced) and speech (60-90 seconds) entitled "What Jhoon Rhee Tae Kwon Do Has Done for Me."

Curriculum Stripes

There are 9 total stripes and these will be earned as follows:

Red Stripe: Attitude and Leadership

White Stripe: Essay & Speech (submit written essay in class and say speech during class)

Blue Stripe: Conditioning and Flexibility

Three (3) Silver Stripes:

-Technical Kicks

-Sparring

-Basics/Combinations

Three (3) Black Stripes

-Musical Forms

(Jayoo, Chosan, Hanguk, Migook, Exodus)

-Belt Stretch

-Final cumulative stripe for all curriculum from White Belt

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