



BROWN Belt Curriculum (Power Team)

1. TRADITIONAL MOVEMENT

Forms

- Pal-Gwe #8
- Kwan-Gwe
- Personal Form (36 steps minimum)

Traditional Movement testing

2. SELF DEFENSE

Level 2: Escape & Follow Up

- Focus Mitts

Sparring

Written Requirements

Self Defense testing

MODES OF MOVEMENT

Front/Rear | Doubles, Triples and Quads | Stepping | Turning | Spinning | Jumping | Flying
Retreating | Skipping | Lunging | Switching | Defensive | Offensive | Kick and Punch Combinations

3. HAND TECHNIQUES

Using All Modes of Movement:

- Jab
- Reverse Punch
- Hook Punch
- Back Fist
- Hammer Fist
- Uppercut
- Palm Strike
- Spear/Supported Spear Hand
- Middle Knife
- Low Knife
- Upper Block
- Outside-In Middle Block
- Inside-Out Middle Block
- Down Block

Hand Testing

4. KICKING TECHNIQUES

Using All Modes of Movement:

- Front Kick
- Round Kick
- Side Kick
- Crescent Kick
- Hook Kick
- Back Kick
- Ax Kick
- Front, Round, Side, Hook Kicks – Slow (Balance)

Kick testing

5. COMBINATIONS

- Ability to flow through a series of techniques

Combo Testing