

Brown Belt [Sahm Geup]



Requirements

28 Classes Credit
Blue/Green/Black & Red Stripes
Advanced Punching Across Mat
Advanced Kicking Across Mat
Poom-Se. - Tae Geuk 6, 7, 8 Jang
HanBon GyoRooGi
Body Grabs
Free Sparring
5 Leadership Workshop
Board Breaking (EeDan Yop ChaGi)

Techniques

Open Workout
Basic Step (Bo Bup) / Basic Stance (Seo Gi):
Falling Tech (Flip/ Gong-Joong-Hoi-Jeon)
5/6 Count Kick
Speed Running Kick (Ap ChaGi, Dolyo ChaGi, Dwe ChaGi)
Attacking Across Mat
Sparring Drills
Gum-Do Yon Gyok

Knowledge/Q&A

Children's Questions

Q. Do you love your mom and dad? Can you tell me their birthdays?

A. Yes, Sir! If I remember their birthdays, I can show them how much I appreciate them on this special day.

Q. What would you do if someone wanted to start a fight with you?

A. Smile and begin to talk my way out of the situation or try to walk away. If this did not work, then I would have to justify my means and defend my self.

What is meaning of Brown Belt?

Signifies the earth or mountains and developing a strong foundation

What is the meaning of the American flag?

There are thirteen stripes in the American Flag, the stripes represent the 13 original colonies.

The stars represent the 50 states.

The colors stand for:

Red - Courage, War and Blood,

Blue - Justice, Loyalty and Ambition,

White – Truth, Freedom and Purity, Sir!

Black Belt Philosophy

SELF-CONTROL

POOMSE TAEGEUK YUK JANG

WTF TAEKWONDO POOMSE # 6



5B. RIGHT OUTSIDE MIDDLE BLOCK



5A. LEFT FRONT KICK



4. RIGHT LOW BLOCK



1. READY STANCE



2. LEFT LOW BLOCK



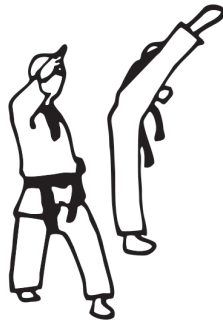
3A. RIGHT FRONT KICK



3B. LEFT OUTSIDE MIDDLE BLOCK

POOMSE TAE GEUK YUK JANG

1. Ready stance
2. Turn to the left 90° by moving the left foot into left front stance, left low block.
3. A. Without moving the left foot, right front kick
B. Step back into right back stance, left outside middle block.
4. Moving the right foot, turn 180° to the right into right front stance, right low block.
5. A. Without moving the right foot, left front kick
B. Step back into left back stance, right outside middle block.
6. Moving the left foot, turn 90° to the left into left front stance, right high knife hand block.

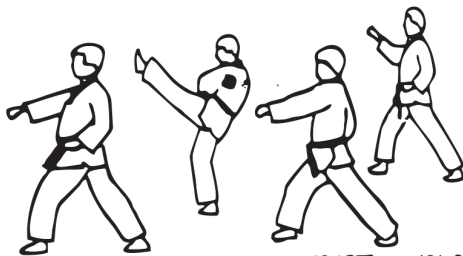


6. RIGHT HIGH KNIFE BLOCK 7. RIGHT ROUNDHOUSE KICK



23. RIGHT PALM BLOCK 24. LEFT MIDDLE PUNCH

19. Moving the right foot, turn counterclockwise 90° into right back stance, left double knife hand block.
20. Moving the left foot, step back into left back stance, right double knife hand block.
21. Moving the right foot, step back into left front stance, left palm block.
22. Without moving the feet, right middle punch.
23. Moving the left foot, step back into right front stance, right palm block.
24. Without moving the feet, left middle punch.
25. Return to ready stance.



11B. RIGHT MIDDLE PUNCH



11A. LEFT FRONT KICK



10B. LEFT MIDDLE PUNCH



10A. RIGHT HIGH BLOCK



12. LOW WEDGE BLOCK



22. RIGHT MIDDLE PUNCH



8A. LEFT HIGH BLOCK



8B. RIGHT MIDDLE PUNCH



9A. RIGHT FRONT KICK



9B. LEFT MIDDLE PUNCH

7. Without moving the left foot, right roundhouse kick.
8. A. Moving the left foot, turn 90° to the left into left front stance, left high outside block.
B. Without moving the feet, right middle punch.
9. A. Without moving the left foot, right front kick.
B. Step into right front stance, left middle punch.
10. A. Moving the right foot, turn 180° to the right into right front stance, right high outside block.
B. Without moving the feet, left middle punch.
11. A. Without moving the right foot, left front kick.
B. Step into left front stance, right middle punch.
12. Moving the left foot 90° to the left into ready stance, low wedge block.



13. LEFT HIGH KNIFE HAND BLOCK



20. RIGHT DOUBLE KNIFE BLOCK



21. LEFT PALM BLOCK

13. Step forward with the right foot into right front stance, right high knife hand block.
14. Without moving the right foot, left roundhouse kick. (Kihap)
15. Moving the right foot, turn 270° to the right into right front stance, right low block.
16. A. Without moving the right foot, left front kick.
B. Step back into left back stance, right outside middle block.
17. Moving the left foot, turn 180° to the left into left front stance, left low block.
18. A. Without moving the left foot, right front kick.
B. Step back into right back stance, left outside middle block.



18B. LEFT OUTSIDE MIDDLE BLOCK



18A. RIGHT FRONT KICK



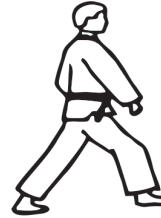
17. LEFT LOW BLOCK



14. LEFT ROUNDHOUSE KICK



19. LEFT DOUBLE KNIFE BLOCK



15. RIGHT LOW BLOCK



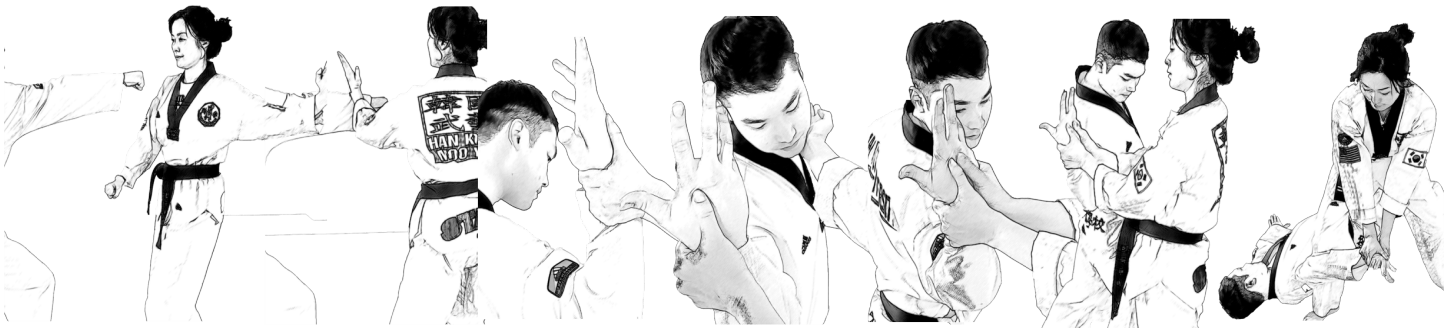
16A. LEFT FRONT KICK



16B. RIGHT OUTSIDE MIDDLE BLOCK

PUNCHING DEFENSE TECHNIQUES:

1. Step forward left leg (front stance), inside block w/left hand, grab over hand chop the neck w/right hand, grab w/both hands, step forward w/right leg and bring down. break arm over shin bone.



2. Step forward right leg (front stance), inside block w/right hand, grab hand w/both hands & break wrist, step back w/ right leg, front kick to stomach w/right leg and shin over arm press opponent down.



3. Left foot out (front stance), right hand knife hand, grab over wrist, left elbow strike to kidney, Chop the throat over opponent's arm, sweep opponent's right foot with left foot. back fist to face



4. Left foot back (back stance) right hand high block, left hand chop the body, both leg move to front of opponent and kneel down, through over shoulder.



Black Belt Philosophy

PERSEVERANCE

“Energy and persistence conquer all things. “ - Benjamin Franklin

“Success is a journey, not a destination. “ - Ben Sweetland

“Your own resolution to success is more important than any other one thing. “ - Abraham Lincoln

“Let me win, but if I cannot win, let me be brave in the attempt. “ - Motto of the Special Olympics

“It does not matter how slowly you go, so long as you do not stop. “ - Confucius

“Many of life’s failures are men who did not realize how close they were to success when they gave up. “ - Thomas A. Edison

“We can do anything we want to do if we stick with it long enough. “ - Helen Keller

Martial Arts Perspective

Even with great instructors, supportive classmates, and clear goals, setbacks and frustrations are a natural part of your Taekwondo journey. You may feel like your progress is too slow or even nonexistent at times. When this happens, don’t hesitate to talk to your instructor. They have guided countless students through similar challenges and have likely faced the same struggles themselves. Their experience can provide you with valuable strategies, motivation, and encouragement to keep pushing forward.

Taekwondo instills **determination, perseverance, and an indomitable spirit**. Breaking boards, mastering advanced forms, or sparring against skilled opponents may seem difficult at first. However, by trusting your instructors, staying committed, and embracing the process, you will develop the strength and resilience needed to achieve your goals.

Success in Taekwondo isn’t just about talent it’s about perseverance.

Life Skill Perspective

By now, after a year or more of training, you have already proven your ability to persevere in Taekwondo. Apply that same mindset to challenges outside of class. Just as techniques that once seemed difficult have become easier with practice, other areas of life follow the same pattern progress takes time.

When starting something new, remember that being a beginner is part of the process. Stay patient, trust in your ability to improve, and keep moving forward. Whether it’s school, work, or personal goals, approach each challenge with the same **consistency and dedication** that brought you success in Taekwondo. With perseverance, you can overcome almost any obstacle.