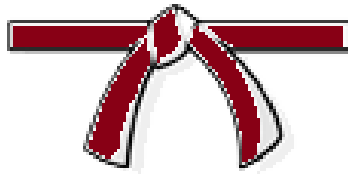




Brown Belt Workbook



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High Rank Responsibilities

Brown Belts and Up

- **TAKE PART IN LEADERSHIP-** Be Prepared to lead- not only warm-ups, but all drills. These are the same drills you have been doing since you started; now it's time to help your instructors, fellow students and yourself by becoming a leader. Instructors will also turn to you at any point to take over a class while an instructor helps another student, answers a phone call, etc. You must lead by example!

TAKE THIS RESPONSIBILITY SERIOUS AND ALWAYS TRY YOUR BEST!

- **UNIFORMS-** At Brown Belt, students may now wear red or blue color uniforms. Please ensure all uniform are clean and well maintained. If your uniform is getting to old, dirty or too small, it will need to be replaced immediately. Heavy Weight uniforms are recommended at this rank.
- **WEAPONS-** At Brown Belt, students are required to purchase their own weapons. Please ask an instructor for help to find what weapon would work best for your age. Weapons that must be purchased are as follows:
 - Staff
 - Nunchucks / Nunchucku
 - Cane
 - Escrima Sticks (1 Pair)
- **FIGHTING GEAR-** At Brown Belt, students are encouraged to purchase grappling gloves. These gloves are designed to be used during free-sparring and grappling but don't provide as much cushion/ protection as other hand gear. While wearing these gloves, students **MUST** have good control during Free-Sparring, Grappling and Mixed Sparring.

Hapkido and Taekwondo Techniques

Stances:

ALL PREVIOUS- (Improve past techniques)

Combat Drill - Fighting Stance:

ALL PREVIOUS-ADD:

Front Knee Strike
Back Knee Strike

Power Drill (Basic Drill):

ALL PREVIOUS- (Improve past techniques)

Basic Walking Drill (Walking Stance):

ALL PREVIOUS- (Improve past techniques)

Kicking Drill: - At this Rank, The student should be able to connect multiple kicks in a combination.

ALL PREVIOUS-ADD:

Double Walking Front Snap Kick
Inside Inside Inside Kick
Inside Backswing
Outside, Backswing, Jumping Outside
Double Walking Roundhouse
Double Walking Sidekick
Double Walking Hook/ Roundhouse Kick

Forms:

Kibon IL Jang	(Basic 1)	(6 Steps)
Kebon YI-Jang	(Basic 2)	(8 Steps)
Palgwe IL-Jang	(Palgwe 1)	(20 Steps)
Palgwe YI-Jang	(Palgwe 2)	(20 Steps)
Palgwe SOM- Jang	(Palgwe 3)	(22 Steps)
Palgwe SA-Jang	(Palgwe 4)	(24 Steps)
Palgwe Oh-Jang	(Palgwe 5)	(35 Steps)
Palgwe Uke-Jang	(Palgwe 6)	(19 Steps)

One Steps (Move, Block, Strike, Throw and Finish)

Create your own one step combinations.

Throws:

ALL PREVIOUS-ADD:

Bear Hug Takedown
Knee Press Throw (From a kick)

Kick Defense:

Tip: Don't forget to "close" on the kicks or use the "3 Rules of Defense". Use the Under or Over hook to catch the kicks!

Front Kick
Round House
Back Swing Kick

Falls and Rolls:

Jumping Side Falls (Right & Left Side)
High Front Fall
High Back fall

Joint Locks / Chokes and Choke Defense: ***Use extreme Caution***

Guillotine Choke (able to perform the choke and defend against it)
Rear Choke (able to perform the choke and defend against it)
Two Hand front Choke (able to perform the choke and defend against it)

Free Sparring:

2 and 2 (Kick only)
3 and 3 (All Strikes)
Light Contact Sparring (1 vs 1)
Light Contact Sparring (1 vs 2)

Grappling:

-2 Min Drills (With Submissions) - Please use caution when appalling joint locks and submissions. Don't forget to TAP!!!!!!!!!!

Mixed Sparring:

- A Mix between Grappling and Free-Sparring