



Solid Red with Brown Stripe Belt Requirements

(Minimum 3 months & 30 Classes)

IN ADDITION TO EVERYTHING LEARNED AT THE PREVIOUS LEVEL(S)

1st Brown Stripe (Basics)

Kicking Strikes

1. 8 Multiple Round Kicks without setting down
2. 7 Multiple Side Kicks balancing for 3 seconds
3. [Spin Hook Kick](#)

2nd Brown Stripe (Self-Defense)

Guillotine Choke

*This description is based off the attacker using their right arm to choke and their left arm to support the choke. *

1. Attacker starts in front of the defender.
2. Attacker puts the defender in a guillotine choke hold.
3. The defender takes a small step back with their right foot, their left hand pulls on the attacker's wrist to help alleviate the choke and their right hand strikes the groin.
4. After the groin strike, the defender brings their right elbow up striking the attacker to the chin.
5. The defender uses the same arm to now push down on the attacker's supporting hand, pushing it off and away from their choking hand.
6. The defender steps through and under the attacker's arm straightening the attacker's arm.
7. Allowing one hand to maintain a grip on the attacker's arm, the free hand strikes the attacker's elbow with a hammer fist strike.
8. Defender steps away into a fighting stance.

3rd Brown Stripe (Form)

Shee Hyung Bo (Full Form)

"First Bo Form"

4th Brown Stripe (Sparring)