



**TAEKWONDO AMERICA**

**BROWN BELT**

# BROWN AND SENIOR BROWN BELT

## PATTERN

### HWA-RANG

#### 31 Movements

*Named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1,350 years ago. This group eventually became the actual driving force for the unification of the three kingdoms of Korea.*

#### Stance C

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|--|--------------------|
| 1. Left Palm Heel Strike Middle        | Sitting Stance     |
| 2. Right Punch Middle                  | Sitting Stance     |
| 3. Left Punch Middle                   | Sitting Stance     |
| 4. Right Square Block                  | Right Back Stance  |
| 5. Left Reverse Upset Punch High       | Right Back Stance  |
| 6. Right Punch Middle                  | Right Fixed Stance |
| 7. Right Downward Knifehand Strike     | L Stance           |
| 8. Left Punch Middle                   | Left Front Stance  |
| 9. Left Low Block                      | Left Front Stance  |
| 10. Right Punch Middle                 | Right Front Stance |
| 11. Left Hand Grab                     | Ready Stance       |
| 12. Right Side Kick                    |                    |
| 13. Right Knifehand Strike Middle      | Right Back Stance  |
| 14. Left Punch Middle                  | Left Front Stance  |
| 15. <b>Right Punch Middle (Ki-Hap)</b> | Right Front Stance |
| 16. Left Double Knifehand Block        | Left Back Stance   |
| 17. Right Spearhand Middle             | Right Front Stance |
| 18. Left Double Knifehand Block        | Left Back Stance   |



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|---|--------------------|
| 19. Right Round Kick                            |                    |
| 20. Left Round Kick                             |                    |
| 21. Left Double Knifehand Block                 | Left Back Stance   |
| 22. Left Low Block                              | Left Front Stance  |
| 23. Right Reverse Punch Middle                  | Left Fixed Stance  |
| 24. Left Reverse Punch Middle                   | Right Fixed Stance |
| 25. Right Reverse Punch Middle                  | Left Fixed Stance  |
| 26. Left X-Block Low                            | Left Front Stance  |
| 27. <b>Right Backward Elbow Strike (Ki-Hap)</b> | Left Back Stance   |
| 28. Right Inner Forearm Block/Left Low Block    | Closed Space       |
| 29. Left Inner Forearm Block/Right Low Block    | Closed Stance      |
| 30. Left Double Knifehand Block                 | Left Back Stance   |
| 31. Right Double Knifehand Block                | Right Back Stance  |



## **BOARD BREAKING REQUIREMENTS**

Board breaking is a part of testing used by the judges and instructors to measure the speed, power and accuracy of kicking or striking technique. The best method of practicing board breaking is to strike a padded target. Consistent repetition of good technique is essential.

## **RULES OF ENGAGEMENT**

- The student is responsible for knowing what techniques and what size or color board they should break. (See the chart below for details)
- At testing, the student receives 3 attempts to break his/her boards. If a student fails to break his/her board, he/she does not pass that testing.
- When setting up a board station, the board should be placed so that the student can deliver the most powerful techniques possible. It is the student's responsibility to ensure the grain of the board must be set to follow the striking surface of the techniques.
- Excessive practice can fatigue board holders. It is not counted as an attempt if the student breaks his/her board prior to bowing.
- Once the student is ready to break, he/she is instructed to bow. After the bow, all movement towards the board counts as an attempt. Practicing after the bow is not allowed.
- After the student breaks his/her boards or exhausts his/her 3 attempts, the student should bow and shake hands with his/her board holders to thank them.



## BOARD BREAKING REQUIREMENTS

Brown Belts must break with either a Front Kick or Side Kick and 1 approved hand techniques.

MALES - AGES	REBREAKABLE BOARDS	WOOD BOARDS
5 and 6	White	3 Inch
7 and 8	Yellow	4.5 Inch
9 and 10	Orange	6 Inch
11 and 12	Orange/Green	7.5 Inch
13 and 14	Green	9 Inch
15	Blue	11 inch
16 and above	Brown	11 inch

FEMALES - AGES	REBREAKABLE BOARDS	WOOD BOARDS
5 and 6	White	3 Inch
7 and 8	Yellow	4.5 Inch
9 and 10	Orange	6 Inch
11 and 12	Orange/Green	7.5 Inch
13 and 14	Green	9 Inch
15 and Above	Blue	9 inch

