

# BROWN BELT POCKET STUDY GUIDE

## FIRST BLACK STRIPE:

### Positive Self-Image:

- Winning Black Belts develop a self-image that sees growth, success and winning as the desired outcome. Winners learn that what you perceive as real will become your reality.

### Endurance Requirement:

- 100 horse-stance punches in 30 seconds.

## SECOND BLACK STRIPE:

### One Step Sparring #13

1. Step back with left leg into back stance, middle soo do block (right hand).
2. Grab opponent's arm with right hand, right leg ball of the foot roundhouse kick (keep leg up), inside/outside kick.
3. Drop right leg to the left side, grab opponent's shoulder with left hand.
4. Sweep opponent (left leg), drop down, reverse punch (right hand). Ki Hap.

### One Step Sparring #14

1. Step back with right leg into back stance, middle soo do block (left hand).
2. Grab opponent's arm with left hand, right leg ball of the foot roundhouse kick (keep leg up), inside/outside kick.
3. Drop left leg to the right side, grab opponent's shoulder with right hand.
4. Sweep opponent's (right leg), drop down, reverse punch (left hand). Ki Hap.

### Cross body grab #1

1. Step forward with right leg into side stance, prepare for soo do chop (right hand)
2. Soo do chop to the jaw (right hand)
3. Palm strike to the chin (left hand)
4. Groin strike (right hand) Ki Hap

### Cross Body Grab #2

1. Bend legs. Turn palm of right hand towards the ceiling, prepare with left hand across body
2. Step at 45 degree angle with right leg, soo do chop( left hand), soo do block behind head (right hand)
3. Palm strike to the chin (right hand)
4. Groin strike (left hand) Ki Hap

### Cross Body Grab #3

1. Bend legs. Turn right wrist so finger are pointing towards the ceiling
2. Grab opponents hand with your left hand, step with right leg to side stance
3. Elbow strike to face (right hand)
4. Re grab opponent's hand with right hand. Turn body, elbow strike to body (left hand) Ki Hap

### Cross Body Grab #4

1. Grab opponent's wrist with both hands
2. Step with left leg to side stance while bringing opponents arm above your head
3. Step with left leg to front stance, (facing towards front), while bringing opponent's arm down towards your midsection
4. Head butt to opponent's nose. Ki Hap

### Same Side Grab #1

1. Step forward with left leg into side stance, prepare for overhead back fist (left hand)
2. Overhead back fist to nose (left hand)
3. Rock back to reverse front stance, hammer fist to groin (left hand)
4. Ridge hand to face (right hand) Ki Hap

### Same Side Grab #2

1. Bend legs. Grab opponent's right hand with your left hand
2. Step with left leg, soo do chop to collar bone (right hand)
3. Reach over opponent's body, grab neck (right hand)
4. Pull opponent down while executing knee strike (right leg) (Ki Hap)

### Same Side Grab #3

1. Grab opponent's wrist with both hands
2. Step with left leg to side stance while bringing opponents arm above your head
3. Step back with right leg to front stance (stepping backwards) while bringing opponent's arm down towards your midsection
4. Punch to the face (left hand) re grab with both hands and slide back, ball of foot roundhouse kick (right leg) Ki Hap.

### Same Side Grab #4

1. Swing your left arm towards the ceiling, while opponent is holding on
2. Grab opponent's hand with both hands, step back to front stance while pulling their arm back (right leg)
3. Front kick to opponent's midsection (right leg)
4. Elbow strike to back of opponent's neck (right arm) Ki Hap

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## THIRD BLACK STRIPE:

1. Step to the left, low block (left hand), reverse soo do chop (right hand).
2. Neck Grab, knee strike (right leg), drop right leg in the front, middle punch (right hand), reverse middle punch (left hand).
3. Turn to the right, low block (right hand), reverse soo do chop (left hand).
4. Neck grab, knee strike (left leg), drop left leg in the front, middle punch (left hand), reverse middle punch (right hand).
5. Step to the middle, middle twin fist block (left hand).
6. Step and side punch (right hand).
7. Step and side punch (left hand).
8. Step and side punch (right hand), Ki Hap (yell).
9. Turn backwards to the left, middle soo do block (left hand).
10. Step and middle punch (right hand).
11. Turn to the right, middle soo do block (right hand).
12. Step and middle punch (left hand).
13. Step to the middle, cross hands, energy press.
14. Right leg front kick, cross hands, energy press.
15. Left leg front kick, cross hands, energy press.
16. Prepare left hand on top, right leg front kick, left hand chop, drop forward middle punch (right hand), Ki Hap (yell).
17. Turn backwards to the left, low block in a back stance (left hand).
18. Step and high punch (right hand).
19. Turn to the right, low block in a back stance (right hand).
20. Step and high punch (left hand).

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## FOURTH BLACK STRIPE:

1. Look to the left, step into side stance (left leg), open hands straight out to the sides. Bring left hand in, open hand outside forward block while pressing right hand down towards groin into low open hand groin block.
2. Step with left leg and make parallel with right leg, slow left hand chop, step and middle punch (right hand)
3. Turn toward the right, low soo do block with palms facing towards ceiling, while on right heel
4. Step with right leg, and make parallel with left leg, slow right hand chop step and middle punch (left hand)
5. Look to the middle, step into side stance (left leg) open hands straight out to the sides. Bring left hand in, open hand outside forward block while pressing right hand down towards groin into low open hand groin block
6. Step and side block (right hand)
7. Step and middle soo do block (left hand). Step and side block (right hand) Ki Hap
8. Turn backwards toward the left, right hand grabs left. Lunge back on right leg and push hands towards the ground. Come back up to side stance while pulling hands to solar plex. Transition to front stance and push hands out toward the middle. Cross right hand over left, press both hands out with palms facing towards face.
9. Prepare with left hand on top, transition to back stance, left hand low soo do block/right hand soo do block behind head. Step and middle punch (right hand)
10. Turn towards the right, left hand grabs right. Lunge back on left leg and push hands towards the ground. Come back up to side stance while pulling hands to solar plex. Transition to front stance and push hands out toward the middle. Cross left hand over right, press both hands out with palms facing towards face.
11. Prepare with right hand on top, transition to back stance, right hand low soo do block/left hand soo do block behind head. Step and middle punch (left hand)
12. Turn towards the middle, low block/soo do block (left hand)
13. Step and middle punch/high block (right hand)
14. Step and middle punch/high block (left hand) Step and middle punch (right hand) Ki Hap
15. Extend open hands straight out towards the middle, palms down. Lunge down on left leg while pressing both hands towards ground. Come back up to side stance while pulling hand to side of belt. Transition to front stance and push hands out towards middle, finger facing towards ceiling
16. Turn backwards towards the left, middle twin fist block (left hand)
17. Extend open hands straight out towards the middle, palms down. Lunge down on right leg while pressing both hands towards ground. Come back up to side stance while pulling hand to side of belt. Transition to front stance and push hands out towards middle, finger facing towards ceiling
18. Turn towards the right, middle twin fist block (right hand)
19. Extend open hands straight out towards the middle, palms down. Lunge down on right leg while pressing both hands towards ground. Come back up to side stance while pulling hand to side of belt. Transition to front stance and push hands out towards middle, fingers facing towards ceiling

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