

4th Gup (Brown Belt)

and 3rd Gup (Brown Belt White Stripe)

What does my belt represent?

- **Brown** represents power, stability, agility, weight and wisdom. This stabilising stage, both mentally and physically, analogous to the plants which curtail their growth and prepare to flower in late summer.

Physical / Spirit test

At examiners discretion – be prepared!

Techniques

Hands

At examiners discretion – 3 to 4 combination techniques to include reverse side blocks, multi stance combinations, blocking with 2 hands at once. Forwards and backwards line work.

Kicks

At examiners discretion to include jump kicks, front and rear legs, spinning kicks.

Hand and Kick combinations

At examiners discretion to include blocks, strikes and kicks in one combination.

Forms/patterns (Hyungs):

4th Gup – All forms upto Pyung Ahn Sah Dan

3rd Gup – All forms upto Pyung Ahn Oh Dan

Bong (Bo Staff)

4th Gup – Line work to include basic blocks and strikes

3rd Gup – Line work as above plus Bong Hyung Il Bu

One-steps:

2 Hands, Kicks and Self Defence

Sparring:

Free sparring

Breaking

4th Gup – Back kick

3rd Gup – Jump back kick

Juniors: Power kick on pad.

Theory

4th and 3rd Gups will be given written tests when time permits or verbal test to include:

- 14 attitudes required to master Tang Soo Do,
- Korean Terminology
- Some history of Tang Soo Do
- Technical questions including the meaning of Brown belt
- Questions on Bo Staff knowledge