



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

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. Right Punch Middle (Ki-Hap)	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
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. Right Backward Elbow Strike (Ki-Hap)	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 a #1 Side Kick and a Hammer fist. Senior Brown Belts must break with a #2 Front Kick and an Elbow Strike.

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

