

Brown to Bodan Testing Check List:

Fitness Qualification Goals:

30
Squats

30
Sit-ups

30
Push-ups

Stance (Suegi):

Attention
Ready
Kicking
Horse
Fighting
Walking

Back
Front
Twisting
Tiger
Left/Right
Blade

Blocks (Makki):

Low Block Knife-hand
Outside-Middle Double
Inside-Middle Open Blocks
High Block Scissor

Eight Point System

Punches/Strikes (Jeroogi/Chiki):

Basic Punch Elbow Strike
Hammer Fists Turning Strikes
Palm Strike Ridge-hand
Knife-hand Backfist

Combo Punches

Kicks (Chagi):

Front Axe
Back Skipping
Side Turning
Round Hook
Crescents 360

Poomse (Form):

Kicho- TaeGeuk 5
TaeGeuk 1 TaeGeuk 6
TaeGeuk 2 TaeGeuk 7
TaeGeuk 3 TaeGeuk 8
TaeGeuk 4

Notes: