

Lee Brothers Tae Kwon Do

1st Dahn and 1st Poom – Study Guide
Students Testing for Red Stripe

LBTKD Student Code of Ethics

IN	어질 인 仁	HUMANITY
EUI	옳음 의 義	RIGHTEOUSNESS/JUSTICE
YAE	예절 예 禮	COURTESY
JI	지혜 지 智	WISDOM
SHIN	믿음 신 信	TRUST
SUN	착할 선 善	GOODNESS
DUK	큰 덕 德	VIRTUE
CHOONG	충성 충 忠	LOYALTY
HYO	효도 효 孝	FILIAL PIETY
YONG	날랜 용 勇	COURAGE

리 브라더스 태권도

REQUIREMENTS

1st Dahn – Full Requirement

1st Poom (Red/Black) – Only underlined items required

Poom Se

Nunchuck Ten Steps – Grey Stripe for Poom

Nunchuck Creative Poom Se

Min 30 (20) steps, At least 50% of your form should have nunchuck element built in

White
Stripe

Self Defense

HoShinSool – 5 choice (Left)

} Grey Stripe

Knife Defense – 10 choice

} Blue Stripe

Kicks

Hurricane Hook kick

} Brown Stripe