

Lee Brothers Tae Kwon Do

Current 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

- White Stripe** Nunchuck Creative Poom Se
Min 30 steps (20)
At least 50% should have nunchuck element built-in
- Gray Stripe** Ho Shin Sool – **5 choice** in preparation for the final (left)
Nunchuck 10 Steps + Free style (Gray for Poom)
- Blue Stripe** Nunchuck 10 Steps + Free style (Blue for Dahn)
Knife Defense – 10 choice
You must bring your own partner for the pre exam
- Brown Stripe** Hurricane Hook Kick
- Orange Stripe** Study Guide
Proper Push Ups (full only) 10/15