

## Lee Brothers Tae Kwon Do

### BCD & Poom BCD – Study Guide

Students Testing for White Stripe

BoChoDahn (Brown/Black belt) –  
Entire Study Guide required

Poom BoChoDahn (Red/Black belt) –  
Only underlined items required

To earn your  
Orange Stripe,  
you must learn  
your study guide  
AND perform  
proper push-ups:  
5 for Poom BCDs  
/ 10 for BCDs.

### TERMS

AHP CHA KI - Front kick

YEOP CHA KI - Side kick

DOHL RYEO CHA KI - Roundhouse kick

### Taek Kyon and Soo Bahk Hee

The predecessors of Tae Kwon Do

## 리 브라더스 태권도

### REQUIREMENTS

Students Testing for White Stripe

BoChoDahn (Brown/Black) – Full Requirement

Poom BoChoDahn (Red/Black) – Only underlined items required

### Poom Se

Ten Step Number 1

Ten Step Number 2

Tae Geuk 1 Jahng

Tae Geuk 5 Jahng

} White Stripe

### Self Defense

Tae Geuk 1 Jahng Self Defense

Tae Geuk 5 Jahng Self Defense

} Grey Stripe

**Ho Shin Sool** for White Stripe 1 2 3 } Blue Stripe

### Kicks

Double Roundhouse Kick

} Brown Stripe

Study Guide

+ Push Ups (Full only) 5/10

} Orange Stripe