

Lee Brothers Tae Kwon Do

**Current 2<sup>nd</sup> Degree BB – Study Guide**  
Pre Exam for BLUE Stripe

Essay on Duties and Responsibilities of Tournament  
Judge/Referee or Examiner or Instructor (Min 3 pages)  
OR

Stretching exercise method, types, how to in relation to  
Tae Kwon Do training - Research & Explain (Min 3 pages)

Se Sok Oh Kae (세속오계) Ancient Hwa Rang's 5 code of ethics)

SA GUN E CHOONG –  
LOYALTY TO ONE`S COUNTRY.  
사군이충 事君以忠

SA CHIN E HYO –  
LOYALTY TO ONE`S PARENTS.  
사친이효 事親以孝

KYO WOO E SHIN –  
TRUST AND BROTHERHOOD AMONG FRIENDS.  
교우이신 交友以信

IM JEON MU TWAE –  
COURAGE TO NEVER TO RETREAT IN THE FACE OF THE ENEMY.  
임전무퇴 臨戰無退

SAL SEANG YOO TAEK –  
JUSTICE TO NEVER TAKE A LIFE WITHOUT A CAUSE.  
살생유락 殺生有擇

리 브라더스 태권도

Current 2<sup>nd</sup> Degree BB – REQUIREMENTS  
Pre Exam for BLUE Stripe

- White Stripe** Keum Kang Poom Se  
Pal Gwe 7 Jahng
- Gray Stripe** Shoulder Roll/Dive Roll  
Knife Defense – Rev. Diagonal (Left)  
You must bring your own partner for the pre exam
- Blue Stripe** Jahng Bong – Combinations 7-10
- Brown Stripe** Off the Wall Double RH Kick  
(Substitute avail w/ inst. approval)
- Orange Stripe** Study Guide  
Proper Push Ups (full only) 15/20