

Lee Brothers Tae Kwon Do

Current 2nd Degree BB – Study Guide
Pre Exam for RED Stripe

Research Paper on Common Martial Arts Injuries

The topic must include and list all common injuries that may occur during a class, tournament and training. You must list prevention, symptoms and treatment as necessary.

This includes CPR for child and adult. Think of any possible situations that require immediate attention during Tae Kwon Do training.

Please submit your paper along with your Pre Exam Form.

리 브라더스 태권도

Current 2nd Degree BB – REQUIREMENTS
Pre Exam for RED Stripe

- White Stripe** Jahng Bong Poom Se Hwa - Fire
- Gray Stripe** Creative Jahng Bong Self Defense - 5
You must bring your own partner for the pre exam
- Blue Stripe** Nunchuck Combinations + Freestyle
- Brown Stripe** Triple Front Kick
- Orange Stripe** Study Guide
Proper Push Ups (full only) 20