

Lee Brothers Tae Kwon Do

Current 2nd Dahn & 2nd Poom – 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)

세속오계 Se Sok Oh Kae

(The 5 rules of the Ancient Hwa Rang's 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.

살생유택 殺生有擇

리 브라더스 태권도

Current 2nd Dahn & 2nd Poom – REQUIREMENTS
Pre Exam for BLUE Stripe

Poom Se

Pal Gwe 7 Jahng
Keum Kang

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White Stripe

Self Defense

Knife Defense
Rev Diagonal (Left Side)

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Grey Stripe

Jahng Bong Combinations 7-10

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Blue Stripe

You MUST bring you own self defense partner for the pre exam

Kick

Off the wall Double Round House Kick

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Brown Stripe

Orange Stripe

Study Guide

+ Push Ups (Full Only) 15/20