

## Lee Brothers Tae Kwon Do

Current 2<sup>nd</sup> Dahn & 2<sup>nd</sup> Poom – Study Guide  
Pre Exam for GREEN Stripe

### Book Report

You are encouraged to read all the books listed below, as they will enrich your martial arts journey.

You are required to submit a book report on only 1 book of your choice. (3 pages min)

A Book of Five Rings – Miyamoto Musashi

Zen in the Martial Arts – Joe Hyams

The Art of War – Sun Tzu

The Making of a Martial Artist – Sang Kyu Shim

Please submit your report along with your Pre Exam Form.

## 리 브라더스 태권도

Current 2<sup>nd</sup> Dahn & 2<sup>nd</sup> Poom – REQUIREMENTS  
Pre Exam for GREEN Stripe

### Poom Se

Koryo

Pal Gwe 5 Jahng

} White Stripe

### Self Defense

Knife Defense

Diagonal (Left Side)

} Grey Stripe

Jahng Bong Combination 4-6

} Blue Stripe

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

### Kick

Jump Turning Hook Kick  
(From Joon Bee)

} Brown Stripe

### Orange Stripe

Study Guide

+ Push Ups (Full Only) 15/20