

## Lee Brothers Tae Kwon Do

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

### Poom Se

Jahng Bong Poom Se } White Stripe  
- 화 火 Hwa – Fire

Ssang Jul Bong } Blue Stripe  
- NunChuck Combinations

### Self Defense

5 Creative Jahng Bong Self Defense } Grey Stripe

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

### Kick

Triple Front Kick } Brown Stripe

### Orange Stripe

Study Guide  
+ Push Ups (Full Only) 15/20