

Lee Brothers Tae Kwon Do

Current BCD & Poom BCD – Study Guide

Students Testing for White Stripe

BoChoDahn (Brown/Black belt) – Entire Study Guide required

Poom BoChoDahn (Red/Black belt) – Only underlined items required

TERMS

AHP CHA KI - Front kick

YEOP CHA KI - Side kick

DOHL RYEO CHA KI - Roundhouse kick

Taek Kyon and Soo Bahk Hee

The predecessors of Tae Kwon Do

리 브라더스 태권도

REQUIREMENTS

Students Testing for White Stripe

BoChoDahn (Brown/Black) – Full Requirement

Poom BoChoDahn (Red/Black) – Only underlined items required

White Stripe

Ten Step #1

Ten Step #2

Tae Geuk 1 Jahng

Tae Geuk 5 Jahng

Gray Stripe

Tae Geuk 1 Jahng Self-Defense

Tae Geuk 5 Jahng Self-Defense

Side Fall

Blue Stripe

Ho Shin Sool – White Stripe 1 2 3

Brown Stripe

Double Roundhouse Kick

360 Tornado Roundhouse Kick

Orange Stripe

Study Guide

Proper Push-Ups (full only) 5/10