

YUNG YEA MARTIAL ARTS

BROWN BELT TRAINING MANUAL



YUNG YEA MARTIAL ARTS SCHOOL BROWN BELT INFORMATION

BLOCKS

1. Palm block

STRIKES

1. Upward punch
2. Vertical knife hand strike

YUNG YEA MARTIAL ARTS SCHOOL BROWN BELT PATTERN

Pattern: Hwa Rang

Starting Position: Closed Ready Stance C

Moves: 29

Foot returns: Right

Meaning: Named after the Hwa Rang Young Group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division where Tae Kwon Do developed into maturity.

1. Left foot steps left into middle/horse rider stance facing the front of the room, left middle palm block.
2. Stationary right middle/chest punch.
3. Stationary left middle/chest punch.
4. Right foot shifts right 90 degrees into a right L stance, right high square block.
5. Stationary left middle upset/reverse upward punch.
6. Right foot shifts into a middle/horse rider stance, right middle side punch.
7. Right foot shifts into a right "standing" L stance, right high vertical knife hand strike.
8. Left foot steps forward into a left front stance, left middle/chest punch.
9. Left foot shifts left 90 degrees into a left front stance, left low block.
10. Right foot steps right into a right front stance, right middle punch.
11. Left leg draws near right foot but not next to it holding right wrist with left hand, right leg side kick.

12. Right leg lands into a right L stance, right middle left knife hand strike.
13. Left foot steps forward into a left front stance, left middle/chest punch.
14. Right foot steps forward into a right front stance, right middle/chest punch.
15. Left foot spins left 270 degrees into a left L stance, left middle double knife hand blocks.
16. Right foot steps forward into a right front stance, left downward palm block, right middle reverse vertical spear thrust.
17. Left foot spins left 180 degrees into a left L stance, left middle double guarding knife hand blocks.
18. Right leg turning round kick.
19. Right leg lands next to left, left leg turning round kick landing into a left L stance, left middle double guarding knife hand blocks.
20. Left foot shifts left 90 degrees into a left front stance, left low block.
21. Left foot shifts right into a left L stance, right middle reverse punch.
22. Right foot moves forward into a right L stance, left middle reverse punch.
23. Left foot moves forward into a left L stance, right middle reverse punch.
24. Left foot shifts left into a left front stance, low X-block.
25. Right foot steps forward and spinning 180 degrees facing the front of the room into a left L stance, right middle rear elbow. (Kihup!)
26. Left foot moves left 90 degrees into a closed stance, right high block, left low block done simultaneously.
27. Stationary left high block, right low block done simultaneously.
28. Left foot shifts forward into a left L stance, middle double guarding knife hand blocks.
29. Left foot moves to right foot, right foot steps into a right L stance, left middle double guarding knife hand blocks.

YUNG YEA MARTIAL ARTS SCHOOL BROWN BELT SPARRING

With rank comes privilege. **Free sparring is a privilege.** Please exercise respect for your fellow students and control your moves as this privilege can be taken away.

RULES: ALL REQUIRED GEAR MUST BE WORN. NO GEAR, NO SPARRING. See Student Manual Articles of Important/Student Regulation. Green belts are NOT ALLOWED to punch to the head. NO BACK, NECK OR BELOW THE BELT CONTACT EVER, FOR ANY BELT. We follow the CTF tournament rules for sparring.

LEGAL TARGET AREAS

1. Body – front and sides ABOVE the belt for hand and foot techniques in all divisions.
2. Head – face and back of the head ABOVE the neck for KICKS ONLY in all divisions.
 - a. Hand techniques to the head are NOW legal for brown belts.

ALL OTHER AREAS ARE ILLEGAL

LEGAL POINTS

STRIKES

1. Punch
2. Back fist
3. Hammer fist
4. Ridge hand
5. Knife hand

KICKS

1. Must make contact to legal target with any part of foot below the ankle.
2. Executed with good balance.

PENALTY POINTS *(Just as you would get warnings and penalties in tournament, you will receive them in free sparring. Too many warnings and you will not be allowed to spar thus not being able to test for your next belt.)*

1. Excessive contact
2. Tripping, throwing, sweeping
3. Attacking an illegal target area.
4. Un-sportsman like conduct during or after
5. Grabbing
6. Illegal techniques
7. Causing injury from unclipped finger or toe nails
8. Running out of bounds or falling to avoid contact

YUNG YEA MARTIAL ARTS SCHOOL BROWN BELT BOARD BREAKING

At the rank of brown belt, the student will be tested on their ability to demonstrate power in technique. This is done by breaking boards. The boards used for this purpose are 1 inch, white pine (#2) boards cut to a size appropriate for the size and age of the student.

Typically children (12 and under) will break only a single board at each station while children 13 and over (depending on weight), and adults will break two boards. At brown belt, the minimum testing requirement is for the student to break using a single technique at each of two (2) stations.

Techniques will be one (1) hand and one (1) foot technique. See Student Manual - Testing Requirements. If you have additional questions or concerns regarding board breaking, please talk to your instructor.

The student is given three (3) chances to break their boards.

Students need to present their boards to the judges, state the techniques they are going to do and ask permission to break the boards. They need to set up their board break stations quickly, and with a minimum of practice attempts.

When ready, the student will face the judges, bow and attempt their board break. It is not appropriate to make additional practice attempts after bowing to the judges.