

Brown Belt Pattern, 37 Movements

Palgwe Oh Chong

L	¼ turn	Front	Scissors Block
		Back	Double Knife Hand Low Block
			Double Knife Hand Middle Block Palm Pressing Low Block
R	½ turn	Front	Middle Punch
		Back	Double Knife Hand Low Block
			Double Knife Hand Middle Block Palm Pressing Low Block
L	¼ turn	Front	Middle Punch
		Scissors Block	
			Double Fist Middle Block Double Fist Middle Block Spear Finger (Kiyap)
L	¾ turn	Front	Middle Block
			Double Punch
		Crane Stance	Side Kick Fist
R	½ turn	Front	Elbow Strike to Palm
		Back	Double Knife Hand Middle Block
		Front	Middle Block
L	¼ turn		Double Punch
		Crane Stance	Side Kick Fist
		Front	Elbow Strike to Palm
L	¼ turn	Back	Double Fist Middle Block
		Front	Scissors Block
		Back	Double Fist Low Block
L	¾ turn		Double Fist Low Block
		Front	High Punch (Kiyap)
		Back	Double Knife Hand Low Block
R	½ turn		Double Knife Hand Middle Block Palm Pressing Low Block
		Front	Middle Punch
		Back	Double Knife Hand Low Block
			Double Knife Hand Middle Block Palm Pressing Low Block
		Front	Middle Punch

Brown Belt

Brown Belt Basics

Front Stance

Scissors Block
Double Fist Middle Block
Elbow Strike to Palm
Reverse Hand Palm Up Knife Hand Strike

Back Stance

Palm Pressing Low Block
Elbow Strike Sideways
Sitting Stance Side Punch

Brown Belt Kicking Combination

Instructor's Choice

Brown Belt Self Defense

3 Wrist Lock, Free & Strike