

# ***TESTING CRITERIA***

1st GRADE BROWN BELT

## ***FORM***

CHOONG - MU

## ***SELF-DEFENSE***

3

## ***NEW TECHNIQUES***

Inward Forearm Block

Knife Hand X Block

## ***SPARRING***

2 - 3 TIMES

## ***BOARD BREAKING***

(All board breaking must be approved by the students instructor)

The student is required to do a two station break... one station will be a hand technique and the other station a foot technique. It will be the student's choice of technique for his/her board breaking. (Note: If the student decides to do a jump kick, no obstacle is required.)