



TRINITY

MARTIAL ARTS

REQUIREMENTS FOR BROWN BELT TO 1st GUP – ADVANCED BROWN BELT

Prerequisites:

Brown Belt or Brown Belt equivalent.
Test fee due at test time: \$150.00
Minimum 48 classes of continuous training at brown belt
Must know all previous ranks forms

Mental Requirements:

Respect for yourself, your family, the school, and all the students
Self-control over negative thoughts, emotions, and attitude
Ability to focus intention and physical techniques in an exact spot in space
Exhibits strong leadership qualities

Basic Kicks:

#22 Reverse Crescent Kick
#23 Butterfly Kick
#24 Double Side

Bande Hu Lyu Cha Ki
Nah-Bee Cha Ki
Ta Bee Yup Cha Ki

Jump Crescent Kick (From Side Stance)

Form Basics & Form:

Form Basics:

29. Temple Guard Attack (guard + short reverse punch)
30. Swoping Crane Attack (circle arms + double low punch + cross block + double knife hand block)
31. Double High Hammer-fist Attack (both hands grab + inner high hammer-fist + outer high hammer-fist)
32. Whirlwind Attack (wind up + wrap foot +high hammer-fist)

Form:

Ji-On Hyung – Temple Form

Self Defense:

Release, Defend & Escape against two people: Head-lock and arm-lock
Fighting Combination: Fake + Reverse spinning back-knuckle + Front/roundhouse Kick with Ki-hop.
Funneling (Line up multiple opponents to attack one at a time)
Shielding (Block one opponent using another)
Disappearing (Shoulder roll or leap away from the crowd)
Sticky Hands against multiple opponents (Use shielding, disappearing, and funneling)
Leg Kicks (Single shift & double shift. Kick to the inside or outside of the upper leg only)
Free Sparring with Leg Kicks
Fighting Style #4: Runner. Beat the big man!