

# PO-EUN CYCLE



BROWN BELT WORD OF THE BELT: **POSITIVE SELF-PROJECTION**

Winning Black Belts project their best selves every day in the way they look, talk, listen, and react. Winners communicate immediate impressions of happiness and success at all times.

HIGH BROWN BELT WORD OF THE BELT: **POSITIVE SELF-DIMENSION**

Winning Black Belts are in harmony with themselves and their peers. Winners lead others by example and focus on helping others achieve success in their lives, earning love and respect.



**BROWN BELT COMBOS**



**3 JUMP BACK-LEG FRONT KICK, SWITCH ROUND KICK, SPINNING BACKFIST, SPINNING BACKFIST, BACK-LEG HOOK KICK**



**4 REVERSE HOOK KICK/ROUND KICK, REVERSE HOOK KICK/ROUND KICK/SIDE KICK**



**FORM**



**PO-EUN** POET AND SCIENTIST



SCAN ME  
to see this  
curriculum  
on our  
website!

MY **GOAL**

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**TEST TIME!!** DID YOU MEET YOUR GOAL?

Yes!

Not yet, still working on my goal!

2 MONTHS



# PO-EUN



Set



Cover Punch

High Double Punch



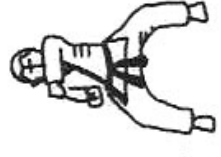
Low Side Kick



Chop



Hook Punch



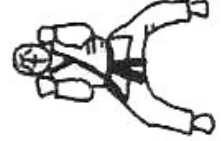
Break



Break



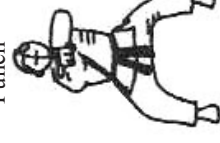
Double Break



Cover



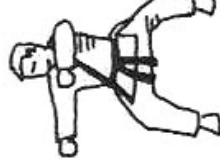
Cover Punch



Cover



Double Punch



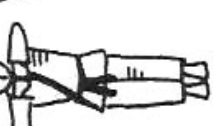
Head Smash



Stick Block



Double Elbow



Surfer Block



Head Smash



Low Sudo



Set



High Double Punch



Chop



Hook Punch



Break



Double Break



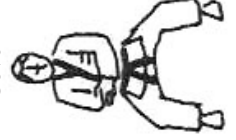
Cover



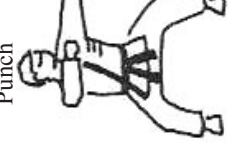
Cover Punch



Cover



Double Punch



Head Smash



Stick Block



Double Elbow



Surfer Block



Head Smash



Low Sudo



PO-  
EUN