

Brown Sr. Belt Worksheet

Brown Sr. Belt- Production of Fruit

Gahm Sa Hom Nee Da- Thank You

Chun Mahn Heh Yoh- Your Welcome

Definitions:

Perseverance- Action in spite of opposition

Moderation- Observing reasonable limits

Questions:

Where and when did Grandmaster West first have contact with Hap Ki Do?

When did he receive his black belt in Hap Ki Do?

When did he become a Grandmaster of Hap Ki Do?

Who presented him with this title?

**Know Traditional Name for all Brown Belt
Double Kicks**