



PARK'S WORLD TAE KWON DO

217 E. PARK AVE LONG BEACH
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RED BELT REQUIREMENTS

<Red belt to Brown belt>

- 1. BASIC STANCES**
- 2. TEN BASIC MOTIONS**
- 3. FORWARD HANDS TECHNIQUE**
- 4. TEN STEP**
- 5. FORWARD KICKING COMBINATION**
- 6. FALLING TECHNIQUE (NAK BUP)**
- 7. SELF-DEFENSE**
- 8. FORM**
- 9. BREAKING**
- 10. TEN COMMANDMENTS**
- 11. SPARRING**
- 12. TERMINOLOGY TEST – Please flip over**
- 13. PROMOTION QUALIFICATION**
 - 1) 2 – 2 ½ months & up to 12 classes**
 - 2) Instructor's approval**
- 14. ALL EQUIPMENTS**

RED BELT EDUCATION GUIDE

1. BELT MEANING

-The richness of autumn.

The student is becoming rich in mental and physical skills.

2. TERMINOLOGY

ENGLISH

Walking Stance
Long Stance
Back Stance
Tiger Stance
Kicking Stance

KOREAN

Ap suh gee
Ap ku bee
Dwit ku bee
Bum suh gee
Bal Cha gee jun be

3. What are the benefits of sparring classes?

-Sparring demonstrates our mental discipline and our physical control of ourselves.

It is much harder to control ourselves than to make contact.

4.

TEN COMMANDMENTS

1. Be loyal to your country.
2. Be loving and show fidelity to your parents.
3. Be loving between husband and wife.
4. Be co-operative between brothers and sisters.
5. Be faithful to your friends.
6. Be respectful to your elders.
7. Establish trust between teacher and student.
8. Think before killing any living thing.
9. Never retreat in battle.
10. Always finish what you start.....SIR!