



ALL STAR TAEKWONDO



RED BELT

I. **POOMSE (Forms):** Taeguek 8 – Tae Guek Pal Jang
Kicho il bo, Taeguek 1,2 & 3.

II. **PHILOSOPHY:**

1. **Do you know all the basic names in Korea?**
2. **Do you know the five requisites of physical development in Tae Kwon Do?**
 - The five requisites are:
 1. Contact with natural surroundings
 2. Contact with diverse physical conditions.
 3. Performing suitable exercise.
 4. Eating suitable nourishment.
 5. Getting proper amount of rest.
3. **Can you explain the meaning of each color belt?**
 - No belt - signifies pure, nothing and clean.
 - White belt - signifies something heavier than no belt and the readiness to change color.
 - Yellow belt - signifies the sunrise and opening to receive knowledge.
 - Green belt - signifies the spring, starting to grow and beginnings.
 - Blue belt -signifies the sky, youth and ambition.
 - Brown belt -signifies the earth or mountains and developing a strong foundation
 - Red belt -represents the sun, its brightness and energy, the physical acts of the individual.
 - Black belt -contains all colors signifying the deepest and most dense knowledge, the accumulation of all preceding levels. SIR!
4. **You must know the following terms in Korean.**
 - Pre-warning -Joo-We
 - Warning -Kyung-Go
 - Minus Point -Kam-Jum

III. **BREAKING:**

1. Elbow strike
2. Round House Kick
3. Flying side kick