



PARK'S WORLD TAE KWON DO

217 E. PARK AVE LONG BEACH
248-25 Northern Blvd. Little Neck, 11362

TEL:(516) 432-6006
TEL:(718) 225-3030

RED&BLACK BELT REQUIREMENTS

<Red & Black belt to JR. Black 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&BLACK BELT EDUCATION GUIDE

1.BELT MEANING

-The end of autumn.

The student refines his skills to the smallest details.

2.TERMINOLOGY

ENGLISH

Good bye(you stay I'm go)

Good bye(I'm stay you go)

Good to see you

KOREAN

An nyung he ke se yo

An nyung he ka se yo

Ban gap sum ni da

3.Wath is the physics of developing power?

-Power(force)=Mass(weight)ESpeed(acceleration)

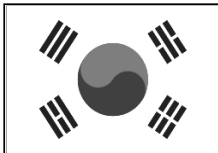
Mass(weight) is your body weight.

Speed(acceleration) is the movement of hands or feet.

Power(force) is achieved through concentration, yelling, balance and self confidence.

4.The explanation of Korean Flag?

-The Korean flag is "Tae Guek Gi" in Korean . It symbolizes the thought, philosophy, and mysticism of the orient. The center of the flag has a circle that is divided in to UM and YANG by a horizontal "S". This symbolizes the universe which is divided equally and locked in perfect balance. The bars located in the corners of the flag are called palgwe. Each trigram has a special meaning.



Gun (☰)-found in the upper left corner, represents Heaven.

Gon (☷)-found in the lower right corner, represents Earth.

Yi (☲)-found in the lower left corner, represents Fire.

Gam (☵)-found in the upper right corner, represents Water.

5.

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!