

## **HIGH RED BELT**

*(Testing High Red to Brown)*

### **Physical Requirements:**

- 1) ATTENDANCE
  - A) Minimum of 50 classes
  - B) Attend a minimum of two sparring classes per month
- 2) HAND TECHNIQUES
  - A) Double low knife hand block
  - B) Upper palm block
  - C) Scissor block
  - D) Low "X" block
  - E) High "X" block
  - F) Spread block
  - G) Side back fist strike
  - H) Double middle uppercut punch
  - I) Grab head – knee strike combination
  - J) All previous hand techniques
- 3) KICKS
  - A) 360° back kick
  - B) Counter roundhouse kick
  - C) All previous kicks
- 4) KICKING SEQUENCES
  - A) Roundhouse kick, butterfly kick, jumping spinning hook kick
  - B) Roundhouse kick, roundhouse kick, counter roundhouse kick, counter roundhouse kick
  - C) Roundhouse kick, counter roundhouse kick, skipping front leg low/high double roundhouse kick
- 5) STANCES
  - A) Tiger stance
  - B) All previous stances
- 6) FORM
  - A) Taegeuk Chil Jang
  - B) All previous forms (Adults Only)
- 7) IL BO GYORUGY (1-STEP SPARRING)
  - A) Number 1
    - i) Step with right foot/left hand reverse single middle knife hand block/right hand knife hand neck strike/move right leg behind the opponent's right leg/sweep/kneel down to punch face
  - B) Number 2
    - i) Step with right foot across the attacker's body so your right foot is behind the attacker's right foot/right hand inside middle block/spin to your left/left hand elbow strike to stomach/left hand back fist strike to face/(if necessary adjust your right leg so it is behind the attacker's right leg in a position to sweep)/sweep/kneel down to punch face

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### **Physical Requirements continued:**

- 8) IL BO GYORUGY (1-STEP SPARRING) CONTINUED
  - C) Number 3
    - i) Step to left with left foot/right hand reverse single middle knife hand block/left hand punch to ribs/step behind with left leg and "clothes line" take down/kick attacker with a back or side kick
- 9) OLYMPIC SPARRING
- 10) FALLING AND ROLLING
  - A) Front shoulder roll from the ground
  - B) Backward shoulder roll from the ground
  - C) Standing up from the ground
- 11) SELF-DEFENSE
  - A) Cross arm grab on shoulder from behind (thumb to outside)
    - i) Grab attacker's hand. Inside middle block to elbow.
  - B) Straight arm grab on shoulder from behind (thumb to inside)
    - i) Grab attacker's hand. Spin to outside while bringing free arm over attacker's arm. Palm strike behind shoulder and follow through to force to the ground.
  - C) Double hand grab from behind (one hand on each shoulder)
    - i) Lift arms above head. Spin fast. Punch to throat.
  - D) All previous self defense techniques
- 12) GROUND DEFENSE
  - A) Standing up from the ground
- 13) BOARD BREAKING
  - A) Jumping back kick or master's choice
- 14) STRENGTH TEST
  - A) 20 pushups
  - B) 20 situps

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### **Mental Requirements:**

- 1) ESSAY: How Taekwondo has changed my life. (1 page, typed and double spaced)
- 2) WHAT IS THE MEANING OF THE HIGH RED BELT?
  - The high red belt represents volcano – fire creating earth. SIR/MA'AM!
- 3) WHAT IS THE MEANING OF TAEGEUK CHIL JANG?
  - The seventh Taegeuk form signifies mountains. SIR/MA'AM!
- 4) WHAT ARE THE FIVE VIRTUES OF A LEADER?
  - Intelligence
  - Trustworthiness
  - Humaneness
  - Courage
  - Sternness
- 5) WHAT MAKES YOU A LEADER IN THE FOLLOWING SETTINGS:
  - At home?
  - At school/work?
  - At Taekwondo?
- 6) KOREAN TERMINOLOGY
  - 360<sup>0</sup> Back kick – Sam Beck Yougship-Ti Chaggie
  - Counter roundhouse kick – Bada Chaggie
- 7) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
  - 360<sup>0</sup> Back kick – Bottom of the heel
  - Counter roundhouse kick – Instep (top)
- 8) WHAT IS THE KOREAN WORD FOR FORM?
  - Poomse (poom – say)
- 9) IDENTIFY ESSENTIAL COMPONENTS TO PERFORMING POOMSE.  
(see introduction section of the manual, page 5)
- 10) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)
- 11) ALL PREVIOUS MENTAL REQUIREMENTS

## Taegeuk Chil Jang

