

**RED BELT***(Testing Red to High Red)***Physical Requirements:**

- 1) ATTENDANCE
  - A) Minimum of 40 classes
  - B) Attend a minimum of one sparring class per month
- 2) HAND TECHNIQUES
  - A) Middle palm block
  - B) High outer block
  - D) All previous hand techniques
- 3) KICKS
  - A) Side kick – back kick combination
  - B) Skipping front leg low/high double roundhouse kick
  - C) Skipping front leg side kick – back kick combination
  - D) All previous kicks
- 4) KICKING SEQUENCES
  - A) Roundhouse kick, side kick/back kick combination
  - B) Roundhouse kick, skipping front leg side kick/back kick combination
  - C) Roundhouse kick, double roundhouse kick, spinning hook kick
- 5) STANCES
  - A) All previous stances
- 6) FORM
  - A) Taegeuk Yuk Jang
  - B) All previous forms (Adults Only)
- 7) IL BO GYORUGY (1-STEP SPARRING)
  - A) Number 1
    - i) Slide back into a right foot back fighting stance/right leg crescent kick to arm/left leg back kick
  - B) Number 2
    - i) Step to left side with the left foot/right hand reverse single middle knife hand block/right leg roundhouse kick to stomach
  - C) Number 3
    - i) Slide back into a left foot back fighting stance/right foot butterfly kick
- 8) OLYMPIC SPARRING

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### Physical Requirements Continued:

- 9) FALLING
  - A) Right and left side falls from a squat
  - B) "Dead bug" defense from the ground
- 10) SELF-DEFENSE
  - A) Demonstrate the "Finger Tip Pressure Point." Utilize this technique to escape from hair grabs and shaking hands.
  - B) All previous self defense techniques
- 11) GROUND DEFENSE
  - A) "Dead Bug" defense
- 12) BOARD BREAKING
  - A) Back kick or jumping back kick (Master's choice)
- 13) INTRA-SCHOOL TOURNAMENT (CHILDREN ONLY)
  - A) Participate in an intra-school tournament within eight months of testing for high red belt

## **RED BELT**

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### **Mental Requirements:**

- 1) WHAT IS THE MEANING OF THE RED BELT?
  - The red belt represents fire – use caution when practicing Taekwondo. SIR/MA'AM!
- 2) WHAT IS THE MEANING OF TAEGEUK YUK JANG?
  - The sixth Taegeuk form signifies water. SIR/MA'AM!
- 3) GIVE AN EXAMPLE OF SELF-DISCIPLINE IN THE FOLLOWING SETTINGS:
  - At home?
  - At school/work?
  - At Taekwondo?
- 4) WHAT IS CONFIDENCE?
  - Believing in yourself
- 5) WHAT DO THE TERMS "LEAD HAND" AND "REVERSE HAND" REFER TO?
  - The lead hand is your front hand and the reverse hand is your back hand. SIR/MA'AM!
- 6) EXPLAIN THE HANDSHAKE SCALE
  - The handshake scale describes the way that you present yourself to other people. A score of one is timid, three is confident, and five is aggressive. You always want to present yourself as a number three so you show confidence which will prevent you from being a target for bullies as well as prevent you from being perceived as a bully.
- 7) KOREAN TERMINOLOGY
  - Side kick – back kick combination – Yop-Ti Chaggie
  - Skipping front leg side kick – back kick combination – Timio Ap Bal Yop-Ti Chaggie
  - Skipping front leg low/high double roundhouse kick – Timio Ap Bal Dulebon Pique Dolio Chaggie
- 8) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
  - Side kick – back kick combination – Bottom of the heel
  - Skipping front leg side kick – back kick combination – Bottom of the heel
  - Skipping front leg low/high double roundhouse kick – Instep (top)
- 9) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)
- 10) ALL PREVIOUS MENTAL REQUIREMENTS

## Taegeuk Yuk Jang

