



# ALL STAR TAEKWONDO



## RED BELT

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

II. **PHILOSOPHY:**

1. **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.

2. **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!

3. **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