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
   C) Skipping front leg side kick – back kick combination
   B) Skipping front leg low/high double roundhouse kick
   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) Taeguk 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

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**
Belt Test Requirements

Taeguk Yuk Jang

1. [Image of a person in a stance, numbered 1.]
2. [Image of a person in a stance, numbered 2.]
3. [Image of a person in a stance, numbered 3.]
4. [Image of a person in a stance, numbered 4.]
5. [Image of a person in a stance, numbered 5.]
6. [Image of a person in a stance, numbered 6.]
7. [Image of a person in a stance, numbered 7.]
8. [Image of a person in a stance, numbered 8.]
9. [Image of a person in a stance, numbered 9.]
10. [Image of a person in a stance, numbered 10.]
11. [Image of a person in a stance, numbered 11.]
12. [Image of a person in a stance, numbered 12.]
13. [Image of a person in a stance, numbered 13.]
14. [Image of a person in a stance, numbered 14.]
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20. [Image of a person in a stance, numbered 20.]
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27. [Image of a person in a stance, numbered 27.]
28. [Image of a person in a stance, numbered 28.]
29. [Image of a person in a stance, numbered 29.]
30. [Image of a person in a stance, numbered 30.]
31. [Image of a person in a stance, numbered 31.]
32. [Image of a person in a stance, numbered 32.]