

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

HIGH RED BELT

(Testing High Red to Brown)

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

- 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) BOARD BREAKING
 - A) Jumping back kick or master's choice

- 13) STRENGTH TEST
 - A) 20 pushups
 - B) 20 situps

HIGH RED BELT

(Testing High Red to Brown)

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
 - 360⁰ 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
 - 360⁰ 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

