

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

RED BELT*(Testing Red to High Red)***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) BOARD BREAKING
 - A) Back kick or jumping back kick (Master's choice)

- 12) INTRA-SCHOOL TOURNAMENT (CHILDREN ONLY)
 - A) Participate in an intra-school tournament within eight months of testing for high red belt

RED BELT

(Testing Red to High Red)

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

