

WHITE TIGER MARTIAL ARTS

Sr. Red Belt

Student must know all 8 Taeguk Forms.

Student must perform all color belt breaking techniques

Student must perform all color belt self-defense

Student must perform all color belt kicking combinations

Report: 500+ words on how Taekwondo has changed you. How it has benefited you physically and/or mentally. This report is due 1 week prior to test.

Knowledge:

What is the meaning of Black Belt?

Black belt signifies the darkness beyond the Sun. A Black Belt seeks new knowledge of the Art, and begins planting new seeds of growth throughout life in a never-ending process of self-growth, knowledge and enlightenment.

Student must know all color belt vocabulary.

Counting Numbers

91. Ah-hun Ha-nah 92. Ah-hun Dool 93. Ah-hun Set 94. Ah-hun Net
95. Ah-hun Da-sut 96. Ah-hun Yu-sut 97. Ah-hun Eel-gop 98. Ah-hun Yu-dul
99. Ah-hun A-hop 100. Beck

Home Rules: Age 13 & under Numbers 1-8