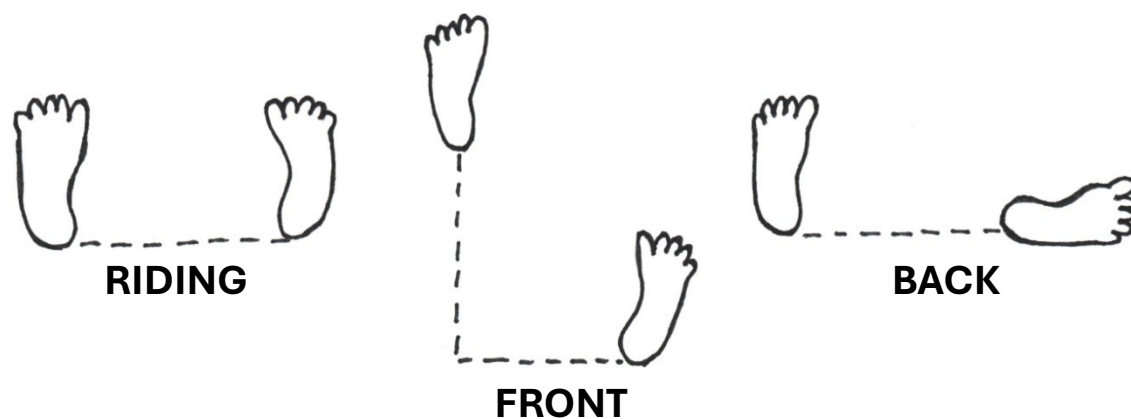


# Red Belt Basics

SIX MORE MONTHS UNTIL YOU ARE ELIGIBLE FOR BLACK BELT TEST (IF YOU ARE READY). THIS IS YOUR LAST COLORED BELT PATTERN TO LEARN. WHEN YOU ARE PROFECCIENT WITH RED BELT PATTERN, CONTINUE PRACTICING WHITE THRU BROWN, AS TIME PERMITS.

## STANCES



## KICKS PRACTICE ALL KNOWN KICKS. CONCENTRATE ON...

\*FEET TOGETHER SIDE KICK \*RH KICK

## STRIKES/BLOCKS PRACTICE TECHNIQUE & CHAMBERING. ADD...

\*INNER HAMMER FIST \*DOUBLE BACKWARD ELBOW ATTACK  
\*PUNCH TO 45 FROM BACK STANCE

## KICKING COMBINATIONS CHALLENGE YOURSELF.

“PERFECT” YOUR FAVORITE KICKING COMBINATION(S). CONSIDER FOOT & HAND PLACEMENT, ACCURACY (AIM) OF STRIKE & LANDING, CONTROL OF STRENGTH & POWER, CONTROL OF SPEED

## 1 STEP LEARN TO PRACTICE WITH A PARTNER SAFELY.

POSSIBLY READY TO LEARN SELF DEFENSE TECHNIQUES - HOW TO GET OUT OF GRABS & LOCKS.

## TERMINOLOGY ALL & DEFINITION HWA-RANG (RED BELT)

TO MOVE ON TO THE BLACK BELT TRAINING LEVEL, YOU WILL NEED TO DEMONSTRATE ALL PATTERNS WHITE THRU RED, NA D BE ABLE TO RECITE ALL 8 DEFINITIONS. YOU CAN TAKE ALL THE TIME YOU NEED. WHEN YOU ARE READY TO TEST, WE WILL BE READY TO TEST YOU. HAPPY PRACTICING!