

RED BELT REQUIREMENTS

MINIMUM REQUIREMENTS

7 Weeks and 14 classes since last test

NEW TECHNIQUES

Twisting Kick (front leg)

Front Reverse Knife Hand Strike

PATTERN: TAE UM PAL JUL

(Ready Stance to Front Stance) Low Block, Front Leg Reverse Swing Kick, Knife Hand Strike, Rear Upward Punch, Dodge, Rear Upward Punch

COMBINATION

(Front Stance) Low Block, Front Leg Reverse Swing Kick, Knife Hand Strike, Rear Upward Punch, Dodge, Rear Upward Punch

SPEED DRILL #6

(Front Stance) Rear Leg Swing Kick, Knife Hand Strike, Rear Punch, Rear Leg Swing Kick

DEFENSE DRILL

Movement: Free

Attack: 3 Hand and foot techniques while moving toward partner then block partner

Defense: Block initial 3 attacks then switch roles

AIR SHIELD

From Hands Down Stance Bada Chagi Air Shield Attack

POWER TEST

Rear Upward Punch