

## **RED BELT SENIOR REQUIREMENTS**

### MINIMUM REQUIREMENTS

Junior Students :7 Weeks and 14 classes since last test

Adult Students :14 Weeks and 30 classes since last test

### NEW TECHNIQUES

Twisting Kick (rear leg)

Rear Reverse Knife Hand Strike

### PATTERN: TAE UM PAL JANG

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

Last Direction: Add Front Defensive Round Elbow

Turning is performed by pivoting on both feet 90 degrees and stepping straight back with the new front foot. Turn towards the left during the Right Side and turn towards the right during Left Side

### COMBINATION

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

### 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

Reverse Swing Kick Front Leg

### CLOSE RANGE (ADULT ONLY)

Front Bear Hug, Rear Bear Hug.