



Congratulations on your new Red Belt!

You are getting very good persevering and are almost to your goal of being a Black Belt. Keep it up and you will be joining the Black Belt Circle soon!

Now that you are considered an advanced student, you can start coming to the advanced classes. Check your school calendar and attend a class this week.

If you are 12 or under, you are able to attend the STORM (Strategic Team of Role Models) course. Ask your instructor when the next STORM course is and sign up today!

If you are 13 or over, you are able to attend the Instructor's Course. While you may not want to be a full time Instructor, this advanced training will help you become a better martial artist.

We have enclosed the material that you will be required to know for your Red II Belt Test.

See you in class!

Talon Martial Arts Staff



## Red Belt Coupon

In honor of receiving your Red Belt, we would like to present this coupon for 20% off any order from Century Martial Arts. You might need a new uniform, want a pair of Nunchuka, or a Wavemaster for your home. The choice is up to you. You can order from the catalog at your school, or look online at [CenturyMartialArts.com](http://CenturyMartialArts.com) and tell us what you want.



Talon Martial Arts



Red Belt Coupon

20% off any Century Order

*Limit 1 per student. Expires when you get your Brown Belt. No cash value.*

# Red I to Red II Class Tracker & Requirements

Classes:

*(enter the dates  
you attend class)*


Sparring:


<b>Red II Test</b> <b>4 Months/48 classes/8 Sparring</b>
<p><u>Forms Katas</u>                  Palgue Form 6                  Palgue Form 7                  Palgue Form 8</p> <p><u>Kicks</u>                  Fighting Pattern 3                  Fighting Pattern 4                  Exchange Round House Jump Back Kick                  Alternate Jump Back Kick                  Triple Motion Front kick                  Wheel Kick                  Scissor Outside In Axe Kick                  Wheel Back Kick                  Double Round Spin Hook                  Outside In Crescent Jump Spin Crescent                  Skip Double Round House</p> <p><u>Basic Technique</u>                  Frnt Stnce w/Ft. Kck w/Dble Blcks                  Down Block/Outside                  Outside Block/Upper Elbow                  Inside Block/Outside Block                  Outside Chop/Open Hand Angle Bck                  Inside Chop/Low Chop                  Double Center/High Block</p> <p>Back Stance w/Rnd Hse w/Dble Punch                  Double Down Block                  Double Center Block                  Double Low Knife Hand                  Double Center Knife Hand</p> <p><u>One Steps 1-12</u></p> <p><u>Free Sparring</u>                  Two 1 Minute Rounds</p>

# PALGUE FORM VIII

# (Pal-Gwe Pal-Chang)

## ACTION SINGLE CHOON BI

1	1	TURN LEFT 90°, LEFT DOWN BLOCK, LEFT OVERHEAD STRIKE COMBINATION	FRONT STANCE WALKING STANCE
	2	STEP FORWARD, RIGHT CENTER PUNCH	FRONT STANCE
2	3	TURN RIGHT 180°, RIGHT DOWN BLOCK RIGHT OVERHEAD STRIKE COMBINATION	FRONT STANCE WALKING STANCE
	4	STEP FORWARD, LEFT CENTER PUNCH	FRONT STANCE
3	1	TURN LEFT 90°, LEFT DOUBLE KNIFE HIGH	BACK STANCE
	2	RIGHT FRONT SNAP KICK, STEP FORWARD LEFT MID-BLOCK, RIGHT SPEAR HAND (KIAI)	FRONT STANCE
	3	RIGHT HAND BREAK AWAY DOWN, SPIN LEFT 360°, LEFT 45° BACK FIST	BACK STANCE
	4	STEP FORWARD, RIGHT CENTER PUNCH (KIAI)	FRONT STANCE
4	1	TURN RIGHT 270°(back leg), LEFT OUTSIDE CHOP	BACK STANCE
	2	LEFT HAND & FOOT SLIDE BACK LEFT FOOT SLIDES TO LEFT, ELBOW STRIKE LEFT FOOT SHIFTS, LEFT CENTER BLOCK RIGHT REVERSE PUNCH COMBINATION	ATTENTION STANCE HORSE STANCE FRONT STANCE
1	3	SKIP RIGHT 180°, RIGHT OUTSIDE CHOP	BACK STANCE
	4	RIGHT HAND & FOOT SLIDES BACK RIGHT FOOT SLIDES TO RIGHT, ELBOW STRIKE RIGHT FOOT SHIFTS, RIGHT CENTER BLOCK LEFT REVERSE PUNCH COMBINATION	ATTENTION STANCE HORSE STANCE FRONT STANCE
2	1	TURN LEFT 90°, RIGHT ABDOMEN BLOCK TURN RIGHT 90°, LEFT ABDOMEN BLOCK	ATTENTION STANCE ATTENTION STANCE
	2	LEFT BACK FIST, LEFT LOW SIDE KICK RIGHT ELBOW STRIKE TO LEFT HAND	FRONT STANCE
3	3	LEFT FOOT TO RIGHT FOOT, TURN 180°, RIGHT ABDOMEN BLOCK	ATTENTION STANCE
	4	RIGHT BACK FIST, RIGHT LOW SIDE KICK LEFT ELBOW STRIKE TO RIGHT HAND	FRONT STANCE
4	1	TURN LEFT 180°(back leg), SPREAD BLOCK DOUBLE UPPER CUT	FRONT STANCE
	2	STEP FORWARD, SPREAD BLOCK DOUBLE UPPER CUT	FRONT STANCE
	3	STEP FORWARD, LEFT INSIDE CHOP	BACK STANCE
	4	RIGHT TRAP MOTION, TURN 180°, RIGHT OPEN HAND ELBOW STRIKE,	HORSE STANCE
1	1	LEFT FOOT SLIDES BACK TO RIGHT, TURN 90° LEFT HANDS PRESS DOWN (BREATHING MOTION)	ATTENTION STANCE
	2	SLIDE BOTH FEET SIMULTANEOUSLY INTO DOUBLE ELBOW BREAK	HORSE STANCE
		SLIGHT JUMP RIGHT AND TWIST LEFT LEFT REAR ELBOW STRIKE & RIGHT PUNCH	HORSE STANCE
		SLIGHT JUMP LEFT AND TWIST RIGHT RIGHT REAR ELBOW STRIKE & LEFT PUNCH (KIAI)	HORSE STANCE
		<b>CHOON BI (LEFT FOOT TO RIGHT FOOT)</b> <b>ATTENTION, BOW</b>	



# Test Preparation Sheet



Name: \_\_\_\_\_

To prepare for your next test, please fill out this sheet. There are three sections. Section A should be filled out as soon as you receive this sheet. Section B can be done at any time up to your test. Section C should be done some time after your test, depending on the questions (i.e. Goals as the target date passes).

Turn this sheet into your Instructor for evaluation. This will help us get to know you better, help you meet your goals, and assist you on your path to Black Belt.

## **Section A** (Complete this section now)

- a. What is your current belt level? \_\_\_\_\_
- b. What is your next belt level? \_\_\_\_\_
- c. When is your next test target date? \_\_\_\_\_
- d. What is your Most Favorite kick? \_\_\_\_\_
- e. What is your Least Favorite kick? \_\_\_\_\_
- f. What is your Most Favorite form? \_\_\_\_\_
- g. What is your Least Favorite form? \_\_\_\_\_
- h. What is your weakest point in martial arts? \_\_\_\_\_
- i. What is your strongest point in martial arts? \_\_\_\_\_
- j. Which other student do you look up to the most?  
\_\_\_\_\_
- k. Which other student looks up to you the most?  
\_\_\_\_\_
- l. What are the goals you want to complete before your next test?  
Target Date: \_\_\_/\_\_\_/\_\_\_ :: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Test Preparation Sheet



## **Section B** (Complete this section any time before your test)

- a. Did you complete your next test goals (Question A.1)? \_\_\_\_\_  
If No, then why not? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- b. What are the goals you want to complete in the next six months?  
Target Date: \_\_\_/\_\_\_/\_\_\_ :: \_\_\_\_\_  
\_\_\_\_\_
- c. What are the goals you want to complete in the next year?  
Target Date: \_\_\_/\_\_\_/\_\_\_ :: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- d. Who were the Instructors that you learned from since your last test?  
\_\_\_\_\_

## **Section C** (Complete this section any time after your test)

- a. Did you complete your six month goals (Question B.b)? \_\_\_\_\_  
If No, then why not? \_\_\_\_\_  
\_\_\_\_\_
- b. Did you complete your one year goals (Question B.c)? \_\_\_\_\_  
If No, then why not? \_\_\_\_\_  
\_\_\_\_\_

**Instructor Comments**

**Name:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# 300 Forms Club

**Overview:** The goal of the 300 Forms Club is to perform each of your testing forms 300 times each in the 2 months leading up to your test for your new belt. If you perform your forms 300 times each, for three belt levels in a row, you will have performed your forms over 1000 times (counting the practice in class). If you do anything a 1000 times, you will be much better, stronger and faster.

**Rules:** Forms must be done outside of class, forms in class do not count toward the 300. Present the completed form to your Instructor before testing to be recognized as a 300 Forms Club member at the Promotion Ceremony.

**Rewards:** You will get a 300 Forms Club Trophy at the next Promotion Ceremony, a Certificate and Your Name on the school's 300 Forms Club Plaque.

**Testing Eligibility:** In order to be eligible for your next test you must complete your top 3 forms 100 times each. Use the gray section to mark your progress before your next test.

**Student Name:** \_\_\_\_\_ **Inst Ini:** \_\_\_\_\_

**Belt Level:** \_\_\_\_\_

**Start Date:** \_\_\_\_\_ **Test Date:** \_\_\_\_\_

**Form:**

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300	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
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**Form:**

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**Form:**

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**Signatures**

Student: \_\_\_\_\_  
 Parent: \_\_\_\_\_  
 Instructor: \_\_\_\_\_

*By signing this form I confirm that the # of forms completed above are accurate and were completed separate from those in class.*