

# WARRIOR CODE

TAEKWONDO ACADEMY



## RED STRIPE LEVEL

*3rd Kup*

### Requirements to move up to the next level:

Minimum Age: 10 years old

#### Fast Track:

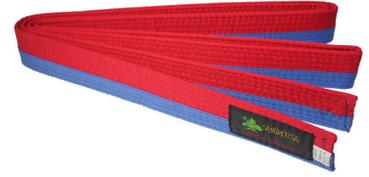
Participation in 80 Classes  
8 months of consistent training  
3-physical stripes  
1-knowledge (homework) stripe  
1-competition stripe  
1-tournament stripe

#### Regular Track:

Participation in 96 Classes  
12 months of consistent training  
3-physical stripes  
1-knowledge (homework) stripe

*Students must complete a competition and a seminar before applying for Red Belt (from Blue Belt)*

Looking ahead: Minimum age for Black Belt is 12 years old



## STUDY GUIDE

### **A. What is the meaning of Toi-Gye?**

*Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37 degree latitude, the diagram of the pattern represents scholar.*

### **B. What are the "Training Secrets of Taekwon-Do"?**

*An old proverb says that even heaven can't make a diligent worker poor. However, in Taekwon-Do diligence or intensive training alone does not produce quality techniques. On the contrary, instructions from a false or unqualified instructor would be worse than not being taught at all because unscientific movements not only would reduce power, they may lead to injury and leads to more wasted time simply trying to correct*

*On the other hand, under the proper guidance of a professional, qualified instructor; a student who trains earnestly with dedication will learn the true techniques of Taekwon-Do in a comparatively short period of time with less effort.*

***Students should keep in mind the following secrets:***

- 1) To study the theory of power thoroughly (theory of power was learned at green belt)***
- 2) To understand the purpose and method of each movement clearly***
- 3) The bring the movement of eyes, hands, feet and breath into a single coordinated action.***
- 4) To choose the appropriate attacking tool for each vital spot.***
- 5) To become familiar with the correct angle and distance for attack and defence.***
- 6) Keep both the arms and legs bent slightly while movement is in motion.***
- 7) All movements must begin with a backward motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target.***
- 8) To create a sine wave during the movement by utilizing the knee spring properly.***
- 9) To exhale briefly at the moment of each blow excepting a connecting motion.***

### **C. In what circumstances do we not perform a sinewave during fundamentals or patterns?**

*There are 5 main situations where Sinewave is not utilized in a movement or sequence because it either makes the movement unnatural for the body to perform or it because it makes the movement ineffective. Here are the 5 main times when a sinewave is not used:*

- 1) when you are performing a kick***
- 2) during a releasing movement***
- 3) when you are moving from a lower position (or stance) to a higher position***
- 4) when the hips and the blocking or striking technique are traveling in opposite directions***
- 5) when performing the movement with a shift or in quick motion***



## STUDY GUIDE

### **D. What is the difference between Hooking Kick and Reverse Hooking Kick?**

As we mentioned in the Blue Belt study guide, the term "reverse" is not an exact translation from the Korean term "Bandaе". Another way to describe it (or translate it) would be to call it "opposite" or "opposite side".

Hooking Kick is actually a defensive kick performed with the side instep while the Reverse Hooking Kick is a kick for attacking, mainly practiced with the back heel. One is completely opposite of the other.

### **E. What is the purpose of One Step Sparring?**

One Step Sparring is the most important type of sparring as it represents General Choi's goal when Taekwon-Do was developed that "only a single blow is sufficient for victory". In One Step Sparring the attacker performs one single attack and the defender will block, move or dodge and perform one counter attack.

As practitioners develop more skill, speed and precision, this type of sparring is thought to be the closest way of simulating a real situation.

In this type of Sparring, both the attacker and the defender begin in a Parallel Ready Stance.

### **F. Which are the attacking tools and blocking tools are found in the arm / hand?**

You should become familiar with the following attacking and blocking tools in the hand and arm:

#### **ATTACKING TOOLS:**

- a) Forefist
- b) Backfist
- c) Sidefist
- d) Knife-hand
- e) Reverse Knife-hand
- f) Palm
- g) Fingertip
- h) Elbow

#### **BLOCKING TOOLS:**

- a) Inner Forearm
- b) Outer Forearm
- c) Knife-hand
- d) Reverse Knife-hand
- e) Palm



## STUDY GUIDE

### **G. What are vital spots?**

As mentioned in the "Training Secrets of Taekwon-Do", there is a line that says "to chose the appropriate attacking tool for each vital spot". Vital spots are specific areas of the body that do not have any special protection from muscle or bone; and if attacked, would cause severe damage or negative effect to a person's physical health.

It is important to learn about as many vital spots as well as their located and what techniques could be applied effectively to those areas. Here is a basic list of vital spots as well as what upperbody attacking tools can be used to those targets:

### **Main Vital Spots in the High Section** (between the shoulder level & eye level)

**a) THE EYES** (eye ball / eye socket)

**The eyes can be easily attacked with the fingertips**

**b) TRACHEA** aka "adam's apple" (the front, round area of the neck shaped like a small ball)

**This area can be attacked with forefist, backfist, knife-hand, reverse knife-hand, fingertip & the elbow**

**c) THE TEMPLE** (the side of the head, next to the eye socket)

**This area can be attacked with forefist and backfist**

**d) THE JAW** (the jaw line)

**This area can be attacked with forefist, backfist, knife-hand, reverse knif-hand & elbow**

**e) THE CAROTID ARTERY** (the side of the neck under the jaw)

**This area can be attacked with the knife-hand and reverse knife-hand**

**f) THE BACK OF THE HEAD** (the back of the skull)

**This area can be attacked with the forefist and elbow**

**Please Note:** In this chapter we limited the information to the main high section vital spots (not all of them) as well as which attacking tools can hit those areas (in the arm/hand only)