

STRIPE TESTING FOR RED STRIPE (3RD KUP)



STRIPE #1 - FUNDAMENTALS

HAND FUNDAMENTALS

- Walking Stance Low Upset Fingertip Thrust
- Walking Stance X-Fist Pressing Block
- Close Stance Twin Side Elbow Thrust
- Sitting Stance Forearm W-Shape Block
- L-Stance Low Double Forearm Pushing Block
- Walking Stance High Flat Fingertip Thrust
- L-Stance Low Forearm Block with a High Backfist Side Strike
- L-Stance Low Knife-hand Guarding Block

FOOT FUNDAMENTALS

- Hooking Kick (defensive kick)
- 360 Degree Downward Kick (stepping motion)
- 360 Degree Turning Kick (stepping motion)

Above are the fundamental exercises for a student to earn the first stripe at Red Stripe (3rd Kup)

You should be very comfortable training in the Advanced Class (blue belt & up). Please always be aware that new Blue belts are graduating into this class and it is up to you to always set a good example!

STRIPE #2 - PATTERNS / STEP SPARRING

PATTERNS / FORMS

- YUL-GOK TUL (Pattern Yul-Gok)
38-Movements
- JOONG-GUN TUL (Pattern Joong-Gun)
32-Movements
- TOI-GYE TUL (Pattern Toi-Gye)
37-Movements

STEP SPARRING

- 1-Step Sparring #3
- 1-Step Sparring #4
- 1-Step Sparring #5

Remember that we are asking patterns of 3 ranks (Blue Stripe, Blue Belt and Red Stripe). For the 1-Step Sparring, we are looking for #4, #5 & #6.

- 1-Step Sparring #1 - defending against a Knife-hand Strike*
- 1-Step Sparring #2 - defending against a Turning Kick*
- 1-Step Sparring #3 - defending against a 180 Rev Hook Kick*

You should prepare at least 3 different defenses for each number. You should be able to perform these drills on both sides.

STRIPE #3 - SPARRING / SELF-DEFENSE

SPARRING / SPARRING DRILLS

- Move Drill #1 to #5
- Semi-Free Sparring (2 rounds)**
- Free Sparring (2 rounds)**

*** Sparring gear is required for this exercise*

SELF-DEFENSE

- Defend against a knife threat (against chest)
- Defend against a knife threat (against neck)

In previous Stripe Testing... you also performed the moving drills as well as various sparring drills. In this rank we will repeat the process, however - we are looking for the moving drills to flow (easier and faster). For the drills - we are looking for accuracy and timing!

These self-defense drills are skills for more dangerous. Always remember that serious self-defense drills ALWAYS require a counter-attack to stop the opponent!