



# HIGH RED BELT



## Belt Meaning

The red belt symbolizes the rising sun, it's intense energy, and the danger that comes with it. A warning to focus on control of your new abilities. Let the sun's fire and passion drive you towards achieving the highest levels of Taekwondo.

## Stripe Requirements

<b>Basics (Yellow)</b>	Stances: Mountain Block, Advanced Block Combinations  Form: All Previous, Taegeuk Pal Jang
<b>Self Defense (Blue)</b>	All Previous Ranks
<b>Kicking (Red)</b>	Forward Jumping Double Front Kick, Roundhouse Kick + Tornado Kick + Spinning Hook Kick, Jump Spinning Hook Kick

## Breaking Technique

**Creative: 1 Hand + 1 Foot Technique**