



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

Basics (Yellow)	Tiger Stance, Double Hand Blocks, Scissor Block, X-Block Form: All Previous, Taeguk Chil Jang
Self Defense (Blue)	Red Belt Self Defense 1-4
Kicking (Red)	Jump Back Kick, Knee Strike, Roundhouse Kick + Spinning Hook Kick

Breaking Technique

Punch, Jump Back Kick OR Spin Hook Kick