

**RED BELT***(Testing Red to High Red)***Physical Requirements:**

- 1) KICKS
 - A) Side kick – back kick combination
 - B) All previous kicks
 - C) Skipping front leg side kick – back kick combination

- 2) HAND TECHNIQUES
 - A) Middle palm block
 - B) High outer middle block
 - C) High outer middle knife hand block
 - D) All previous hand techniques

- 3) STANCES
 - A) All previous stances

- 4) FORM
 - A) Taegeuk Yuk Jang
 - B) All previous forms (Adults Only)

- 5) OLYMPIC SPARRING
 - A) Attend a minimum of one sparring class per month

- 6) INTRA-SCHOOL TOURNAMENT (CHILDREN ONLY)
 - A) Participate in an intra-school tournament within 8 months prior to testing for high red belt

- 7) BOARD BREAKING
 - A) Jumping back kick or other technique (Master's choice)

- 8) FALLING
 - Fall to the right side from standing up
 - Fall to the left side from standing up

- 9) IL BO GYORUGY (1-STEP SPARRING)
 - A) Creative 1-step sparring
 - i) Five techniques, no take-downs, predominantly strikes with hands and elbows

- 10) ANJA GYORUGY #1-4 (KNEE SPARRING)
 - A) Number 1
 - i) Lift right knee/left hand knife hand block/right hand middle punch/left hand low punch/right hand high punch
 - B) Number 2
 - i) Lift right knee/left hand knife hand block/right hand neck strike/grab opponent's shoulder and wrist/move right leg behind opponent's right leg/sweep and punch to the face with the right hand
 - C) Number 3
 - i) Lean to the right placing both hands on the floor for support/left foot side kick to opponent's face
 - D) Number 4
 - i) Lift right knee/right hand inside middle block/right hand elbow to ribs/right hand back fist strike to opponent's face



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Physical Requirements continued:

11) SELF-DEFENSE (ADULTS ONLY)

- A) Demonstrate the "Finger Tip Pressure Point." Utilize this technique to escape from hair grabs from both the front and back.

Mental Requirements:

- 1) WHAT IS THE MEANING OF THE RED BELT?
 - The red belt represents fire – use caution when practicing Taekwondo. SIR/MA'AM!
- 2) WHAT IS THE MEANING OF TAEGEUK YUK JANG?
 - The sixth Taegeuk form signifies water. SIR/MA'AM!
- 3) GIVE AN EXAMPLE OF SELF-DISCIPLINE IN THE FOLLOWING SETTINGS:
 - At home?
 - At school/work?
 - At Taekwondo?
- 4) WHAT IS CONFIDENCE?
 - Believing in yourself
- 5) HOW HAS TAEKWONDO INFLUENCED YOUR LIFE?
- 6) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
 - Side kick – back kick combination – Bottom of the heel
 - Skipping front leg side kick – back kick combination – Bottom of the heel
- 7) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)
- 8) ALL PREVIOUS MENTAL REQUIREMENTS

Tae Geuk Yuk Jang

