



HIGH RED BELT

(Testing High Red to Brown)

Physical Requirements:

- 1) KICKS
 - A) 360° back kick
 - B) All previous kicks

- 2) HAND TECHNIQUES
 - A) Double low knife hand block
 - B) Upper palm block
 - C) Scissor block
 - D) Low ex block
 - E) High ex block
 - F) Spread block
 - G) Side back fist strike
 - H) Double middle uppercut punch
 - I) Grab head – knee strike combination
 - J) All previous hand techniques

- 3) STANCES
 - A) Tiger stance
 - B) All previous stances

- 4) FORM
 - A) Taegeuck Chil Jang
 - B) All previous forms (Adults Only)

- 5) OLYMPIC SPARRING
 - A) Attend a minimum of two sparring classes per month

- 6) BOARD BREAKING
 - A) Master's choice

- 7) STRENGTH TEST
 - A) 20 pushups
 - B) 20 situps

- 8) IL BO GYORUGY (1-STEP SPARRING)
 - A) Creative 1-step sparring
 - i) 5 techniques, predominantly take downs

- 9) ROLLING
 - A) Front shoulder roll from standing up
 - B) Back shoulder roll after back fall from standing up



HIGH RED BELT

(Testing High Red to Brown)

Physical Requirements continued:

- 10) ANJA GYORUGY #5-8 (KNEE SPARRING)
 - A) Number 5
 - i) Lift left knee/right hand outer knife hand block/left hand middle punch/right hand low punch/left hand high punch
 - B) Number 6
 - i) Lift left knee/right hand outer knife hand block and grab opponent's wrist/left hand middle punch/move left foot inside of opponent's right foot and sweep/left hand elbow strike to back of the head
 - C) Number 7
 - i) Lift left knee/high ex block/rotate left hand towards your face and grab opponent's wrist/rotate arm clockwise/right foot kick opponent's right foot causing him/her to fall/right hand neck strike to the back of the neck
 - D) Number 8
 - i) Lift right knee/left hand outer knife hand block and grab the wrist/right hand grab opponent's right calf/pull arm towards you and leg across your body/right hand punch

- 11) SELF-DEFENSE (ADULTS ONLY)
 - A) Cross arm grab on shoulder from behind (thumb to outside)
 - i) Grab attacker's hand. Inside middle block to elbow.

 - B) Straight arm grab on shoulder from behind (thumb to inside)
 - i) Grab attacker's hand. Spin to outside while bringing free arm over attacker's arm. Palm strike behind shoulder and follow through to force to the ground.

 - C) Double hand grab from behind (one hand on each shoulder)
 - i) Lift arms above head. Spin fast. Punch to throat.



HIGH RED BELT

(Testing High Red to Brown)

Mental Requirements:

- 1) WHAT IS THE MEANING OF THE HIGH RED BELT?
 - The high red belt represents volcano – fire creating earth. SIR/MA'AM!
- 2) WHAT IS THE MEANING OF TAEGEUK CHIL JANG?
 - The seventh Taegeuk form signifies mountains. SIR/MA'AM!
- 3) WHAT ARE THE FIVE VIRTUES OF A LEADER?
 - Intelligence
 - Trustworthiness
 - Humaneness
 - Courage
 - Sternness
- 4) WHAT MAKES YOU A LEADER IN THE FOLLOWING SETTINGS:
 - At home?
 - At school/work?
 - At Taekwondo?
- 5) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
 - 360⁰ Back kick – Bottom of the heel
- 6) WHAT IS THE KOREAN WORD FOR FORM?
 - Poomse (poom – say)
- 7) IDENTIFY ESSENTIAL COMPONENTS TO PERFORMING POOMSE.
(see introduction section of the manual, page 6)
- 8) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)
- 9) ESSAY: How Taekwondo has changed my life. (1 page, typed and double spaced)
- 10) ALL PREVIOUS MENTAL REQUIREMENTS

Tae Geuk Chil Jang

