



## \*Red Belt

- 1) Kicks
  - a) 360 Jumping back kick
- 2) Stances - Parallel Stance
- 3) Create 5 One-Steps using leg techniques. (Adults only - Both sides)
- 4) Anja Gyorugy (Knee Steps) #1-4 (Adults only - Both sides)
  - a) #1 - Lift right knee/left hand knife hand block/right hand middle punch/left hand low punch/ right hand high punch
  - b) #2 - Lift right knee/left hand knife hand block right hand neck strike/grab opponents shoulder and wrist/move right leg behind opponents right leg/sweep and punch to the face with the right hand
  - c) #3 - Lean to the right placing both hands on the floor for support/left foot side kick to opponents face
  - d) #4 - Lift right knee/right hand inside middle block/right hand elbow to ribs/right hand back fist to strike opponents face.
- 5) Strength test - 35 push ups - good form
- 6) Board Breaking - 360 Jumping Back Kick
- 7) Form - Taegeuk Yuk Jang
- 8) What is the meaning of the red belt?
  - a) The red belt represents the fire - use caution when practicing Taekwondo..
- 9) What is the meaning of Taegeuk Yuk Jang?
  - a) The sixth Taegeuk form signifies water.
- 10)What is confidence?
  - a) Believing in yourself
- 11)Count to 70 in Korean - Ilhun

\*Must remember all previous Kicks, Blocks, Strikes, Stances, Self Defense and Form