



*High Red Belt

- 1) Kicks
 - a) 360 Spinning Hook kick
- 2) Stances
 - a) Tiger stance
- 3) Create 5 unique One Steps using Joint locks. (Adults only - Both sides)
- 4) Anja Gyorugy (Knee Steps) #5-8 (Adults only - Both sides)
 - a) #5 - Lift left knee/right hand outer knife hand block/left hand middle punch/right hand low punch/left hand high punch
 - b) #6 - Lift left knee/right hand outer knife hand block and grab opponents wrist/left hand middle punch/move left foot inside of opponents right foot and sweep/ left hand elbow strike to the back of the head
 - c) #7 - Lift left knee/high X block/rotate left hand towards your face and grab opponents wrist/rotate arm clockwise/right foot kick opponents right foot causing to fall/right hand neck strike to the back of the neck.
 - d) #8 - Lift right knee/left hand outer knife hand block and grab the wrist/right hand grab opponents right ankle/pull arm towards you and leg across your body/right hand punch.
- 5) Strength test - 40 push ups - good form
- 6) Board Breaking - 360 Spinning Hook Kick
- 7) Form - Taegeuk Yuk Jang
- 8) What is the meaning of the high red belt?
 - a) The high red belt represents volcano - fire creating Earth.
- 9) What is the meaning of Taegeuk Chil Jang?
 - a) The seventh taegeuk form signifies mountains.
- 10) What are the five virtues of a leader?
 - a) Intelligence
 - b) Trustworthiness
 - c) Humaneness
 - d) Courage
 - e) Sternness
- 11) What is the Korean word for form?
 - a) Poomse (poom-say)
- 12) Count to 80 in Korean - Yodun

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