



HIGH RED BELT

(Testing High Red to Brown)

Physical Requirements:

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

- 2) HAND TECHNIQUES
 - A) Double middle fist block
 - B) Double low fist block
 - C) Mountain block
 - D) Uppercut punch
 - E) All previous hand techniques

- 3) STANCES
 - A) All previous stances

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

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

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

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

- 8) IL BO GYORUGY (1-STEP SPARRING)
 - A) Creative 1-step sparring
 - i) 15 techniques, include take downs

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Physical Requirements continued:

- 9) 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 right knee/upper 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
- 10) SELF-DEFENSE (ADULTS ONLY)
The theme for the high red belt self-defense is beginning to make it natural
- A) Random grabs from previous self-defense techniques.

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 PAL JANG?
 - The eighth Taegeuk form signifies earth. 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) ESSAY: How Taekwondo has changed my life. (1 page, typed and double spaced)
- 6) ALL PREVIOUS MENTAL REQUIREMENTS

Tae Geuk Pal Jang

