

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

- 1) KICKS
  - A) 360° Back kick
  - B) All previous kicks
  
- 2) HAND TECHNIQUES
  - A) Double low knife hand block
  - B) Middle palm block
  - C) Upper palm block
  - D) Scissor block
  - E) Double arm spread block
  - F) Low ex block
  - G) High outer middle block
  - H) High out middle knife hand block
  - I) All previous hand techniques
  
- 3) STANCES
  - A) Tiger stance
  - B) All previous stances
  
- 4) FORM
  - A) Taegeuk Yuk Jang
  - B) Taegeuk Chil Jang (Adults Only)
  - C) All previous forms (Adults Only)
  
- 5) FREE 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) Spinning hook kick or other technique (Master's choice)
  
- 8) IL BO GYORUGY (1-STEP SPARRING)
  - A) Creative 1-step sparring
    - i) Ten techniques, no take-downs, include strikes
  
- 9) 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 middle 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

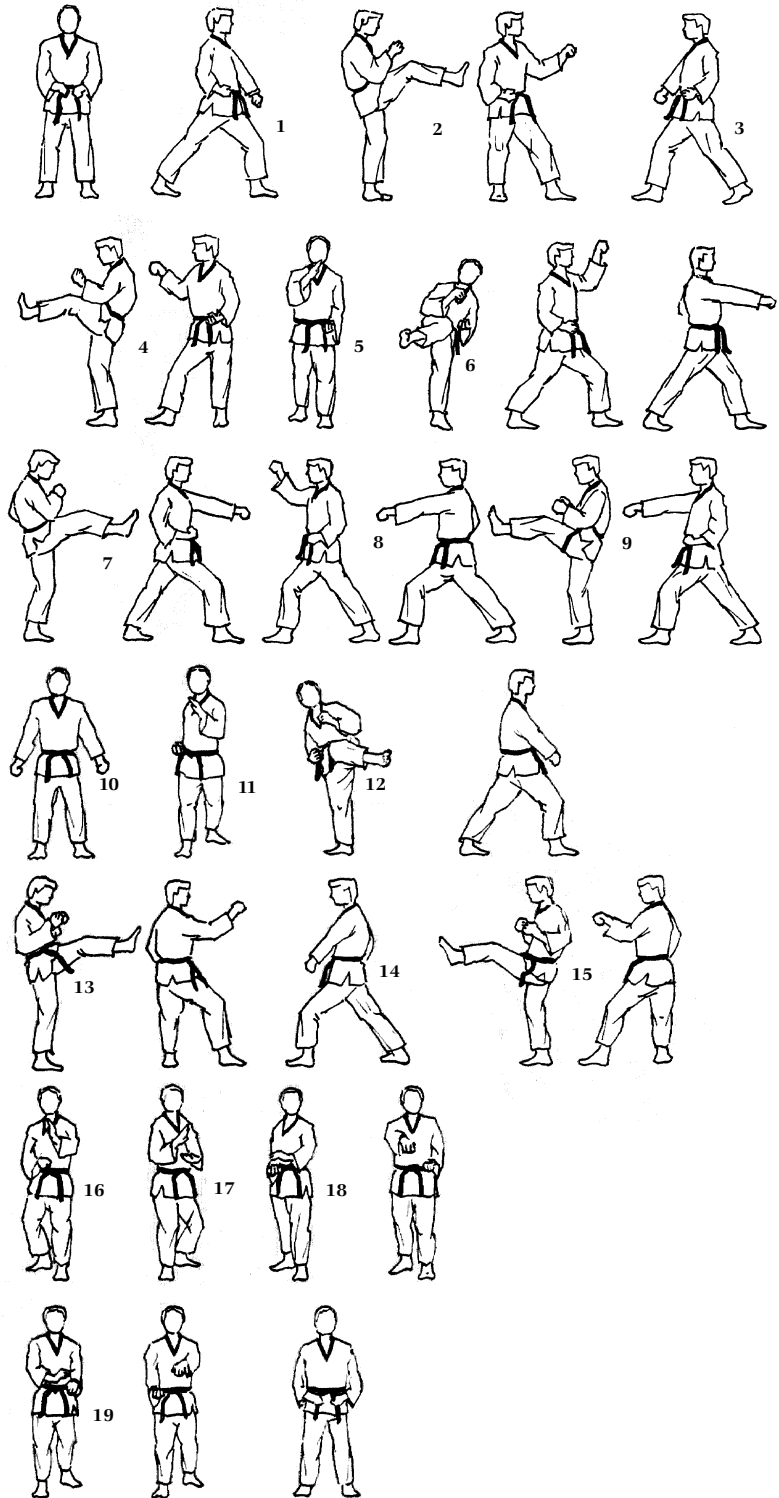
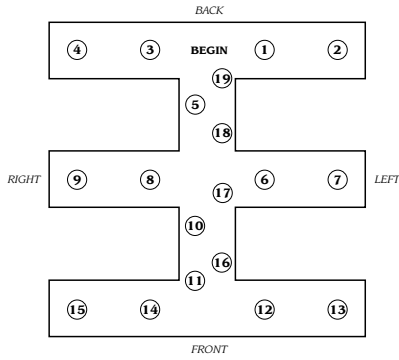
**RED BELT***(Testing Red to High Red)***Physical Requirements continued:**

- 9) ANJA GYORUGY #1-4 (KNEE SPARRING CONTINUED)
- 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
- 10) SELF-DEFENSE (ADULTS ONLY)
- The theme for the red belt self-defense is how to escape and counter from a bear hug
- A) Over both arms
- i) Bring your inside leg behind the attacker into a horse riding stance. Lean back and open arms as much as possible causing attacker to fall. Side kick to attacker's body.
- ii) Inhale and bring your arms to the middle of your body, making yourself as narrow as possible. Explode downward and throw arms open. Reach between your legs and grab the attacker's foot. Pull up the foot while sitting on the thigh causing attacker to fall. Kick the attacker's body.
- B) Under both arms
- i) Reach across grabbing the attacker's top hand. Grab a finger and while holding the attacker's hand pull the finger so it breaks.

**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) WHAT IS THE MEANING OF TAEGEUK CHIL JANG?
- The seventh Taegeuk form signifies mountains. SIR/MA'AM!
- 4) GIVE AN EXAMPLE OF SELF-DISCIPLINE IN THE FOLLOWING SETTINGS:
- At home?
  - At school/work?
  - At Taekwondo?
- 5) WHAT IS CONFIDENCE?
- Believing in yourself
- 6) HOW HAS TAEKWONDO INFLUENCED YOUR LIFE?
- 7) ALL PREVIOUS MENTAL REQUIREMENTS

## Tae Geuk Yook Jang



## Tae Geuk Chil Jang

