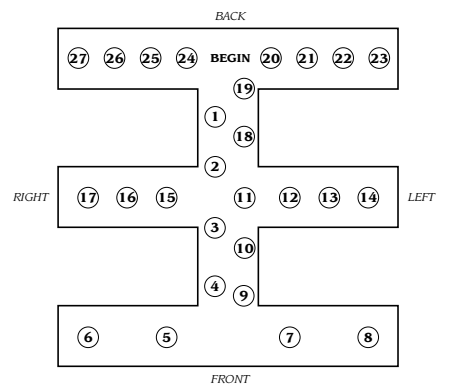
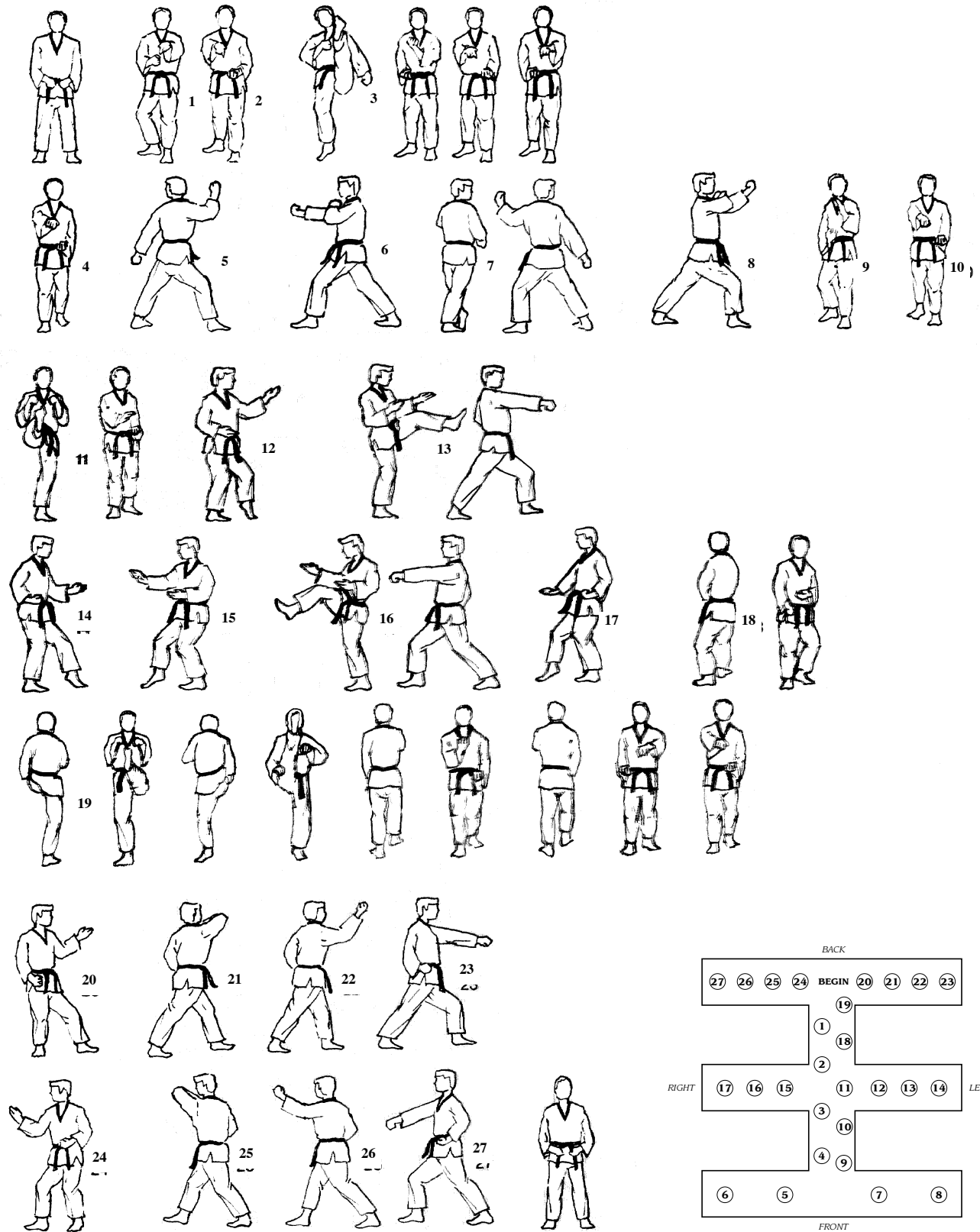


BELT TEST REQUIREMENTS

High Red Belt

1. FORM: “Taegeuk Pal Jang”
2. BASIC STANCES & HAND TECHNIQUES:
 - A) Blocks:
 - Double Hand Middle Block
 - Mountain Block
 - Double Hand Low Block
 - B) Strikes:
 - Middle Section One Hand Elbow Strike
 - Uppercut Strike
3. IL BO GYORUGY (1 STEP SPARRING)
 - Create your own – Throwing Techniques – Minimum 10 examples
4. ANJA GYORUGY 5-8 (KNEE SPARRING):
 5. Lift left knee outside opponent's right leg. Right hand outer knife block
Left hand middle punch
Right hand low punch
Left hand high punch
 6. Lift left knee outside opponent's right leg. Right hand outer knife block
Left hand middle punch
Right hand grab wrist/move left foot to inside of opponent's right foot/push opponent's leg outwards with foot
Left hand elbow strike to back of head
 7. Lift right knee/Axe block
Grab wrist with right hand/rotate arms clockwise
Switch wrist to the left hand and continue twisting clockwise
Right foot push opponent's right leg outwards/Right hand neck strike to back of head
 8. Lift right knee up/Left hand knife block
Grab opponent's right foot with right hand/pull towards you
Right hand punch to head
5. JAIU GYORUGY (FREE SPARRING):
 - Against both 1 & 2 opponents
6. KYOPA (BOARD BREAKING):
7. ALL PREVIOUS BELT TEST REQUIREMENTS (WHITE – RED)
8. QUESTIONS: All information given on the white – high red question sheets

Tae Geuk Pal Jang



High Red Belt Questions

1. What is the meaning of the High Red Belt?
The high red belt represents a volcano – fire creating Earth
2. What is the meaning of Taegeuk Pal Jang?
The eighth Taegeuk form – represents Earth
3. ESSAY: How Taekwondo has changed my life?
One page in length – include completed essay with application of promotion test
4. What is confidence?
Believing in yourself
5. What are five virtues of a leader?
 1. Intelligence
 2. Trustworthiness
 3. Humaneness
 4. Courage
 5. Sternness
6. Why are you a leader?
I am a high belt and a role model at Taekwondo