



REQUIREMENTS TO TEST FOR A SENIOR RED BELT

Curriculum

ADVANCE KICKS	ADVANCE SELF DEFENSE	ONE STEP SPARRING
- Push Kick to Jump Back Kick	Nunchuk I Swings: - Up/Down Shoulder - Swing Attack - Swing Side Attack	1. Kick stance, roundhouse, back kick, kiyap! 2. Kick stance, roundhouse, back kick, jump back kick, kiyap! 3. Kick stance, roundhouse, nara bang, kiyap!
POOMSAE (forms)	Nunchuk I Strikes: - Up/Down Strike - Frontal Strike - Diagonal Strike	
TAEGEUK PAL JANG CREATIVE POOMSAE I		

Q & A / Terminology

AGES 5 - 8	AGES 9 - 12	AGES 13 AND OLDER
<p>Q. What does Promising Making mean? A. When I say I will do something I do it, Sir/Mame!</p> <p>Q. What does the Brown belt mean? A. Brown belt signifies the earth where the student has established a strong foundation, Sir/Mame!</p> <p>3 Types of Concentration</p> <p>Terminology (english - korean) Start - Shi Jak Break - Kalyo Stop - Guhman</p>	<p>Q. What are the 3 basic points in Taekwondo? A. 1. Eye focus 2. Good balance 3. Loud strong Ki-Yap. Sir/mame!</p> <p>Q. What are the 3 points when doing poomsae? A. 1. Look, move, setup same time. 2. Execute with speed, strength, sharpness. 3. Execute when you put your foot down.</p> <p>7 Home Rules for Children</p> <p>Terminology (english - korean) Blue - Chung Red - Hong Chest Guard - Hogu</p>	<p>Q. What is the meaning of the Red belt? A. The Red belt represents the sun, it's energy, and the physical acts of the student developing an indomitable SPIRIT. Sir/mame!</p> <p>Q. Give an example how you have shown confidence due to Taekwondo? A. Answer verbally in your own words.</p> <p>Student Oath</p>