



# REQUIREMENTS TO TEST FOR A RED BELT

## Curriculum

ADVANCE KICKS	ADVANCE SELF DEFENSE	ONE STEP SPARRING
- Flying Jump Back Kick	- Escrima 5 Advanced Strikes	1. Kick stance, out/in axe into side kick, face punch, kiyap!
<b>POOMSAE (forms)</b>	- Escrima Walk Foot Work	2. Kick stance, out/in axe, Back Kick, kiyap!
TAEGEUK PAL JANG	- Escrima Slide Foot Walk	3. Kick stance, out/in axe, slide back into Nara Bang to face, kiyap!
	- Escrima Running Foot Walk	

## Q & A / Terminology

AGES 5 - 8	AGES 9 - 12	AGES 13 AND OLDER
<p><b>Q. What does Good Sportsmanship mean?</b> A. Win or lose I am happy with my hardwork, Sir/Mame!</p> <p><b>3 Types of Concentration</b></p> <p><b>Terminology (english - korean)</b> School - Dojang Uniform - Dobok Flag - Ku Ki Ee</p>	<p><b>Q. Why is there different color belts?</b> A. As the knowledge and ability of Taekwondo grows, so does the darkness of the color of belts, Sir/Mame!</p> <p><b>Q. What does the Brown belt mean?</b> A. Brown belt signifies the earth where the student has established a strong foundation, Sir/Mame!</p> <p><b>7 Home Rules for Children</b></p> <p><b>Terminology (english - korean)</b> Start - Shi Jak Break - Kalyo Stop - Guhman</p>	<p><b>Q. What are the 3 basic points in Taekwondo?</b> A. 1. Eye focus 2. Good balance 3. Loud strong Ki-Yap. Sir/mame!</p> <p><b>Q. What are the 3 points when doing poomsae?</b> A. 1. Look, move, setup same time. 2. Execute with speed, strength, sharpness. 3. Execute when you put your foot down.</p> <p><b>Student Oath</b></p> <p><b>Terminology (english - korean)</b> Blue - Chung Red - Hong Chest Guard - Hogu</p>