



**REQUIREMENTS TO TEST FOR 2ND GEUP
(red belt)**

To attain this level students will need to test 2 times in the recommended 6 month time frame with a total of 60 hours of class time. Upon completion of the 2nd test students will receive their Red Belt.

<u>Korean words to know:</u>		<u>English translation:</u>	
Ahp		Front	
Yop		Side	
Dwi		Back	
Wen		Left	
O-ruen		Right	
<u>Strikes & Blocks:</u>		<u>Kicking & Footwork:</u>	
Inside and Outside Separating Block High and Low X Blocks Upset Punch		Spin Hook Kick Cat Stance	
<u>Gyroogi:</u>	Basic Traps		
For Ahp bal:	Half Chungin Back kick		
For Pada Chagi:	Half Ilbo Chungin Back Kick		
For Back Kick:	Cut Kick to Back Side followed by rear leg Roundhouse Kick to face		
For Double Kick:	Half Chungin Back Kick		
For Lo Nal:	Yeop step Roundhouse Kick or Clench Kick		
For Nada Ban:	Check Pada Chagi on first motion		
For Hook kick:	Check followed by Pada Chagi (body back)		
<u>Self Defense:</u>			
#1 Pressure points as they apply to all of the joint locks learned up to this point.			
#2 Pressure point locations in the fingers, hands, arms, neck and head.			
#3 Pressure point locations in the feet and legs.			
#4 Theory of effective striking. (soft to hard and hard to soft)			
#5 Be able to list target areas and appropriate attacking tools and techniques.			
<u>Other Required Learning:</u>			
<u>Poomse</u>			
Taeguk Chil-Jang (#7)			
Palgwe Yuk-Jang(#6)			