



REQUIREMENTS TO TEST FOR 1ST GEUP
(red belt with a black stripe)

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 Senior Red Belt.

<p><u>Korean words to know:</u> Jwa-woo Hyung Woo Gu-mahn Sung Gamjang Kyung go</p>		<p><u>English translation:</u> Face each other Stop Wins Full Point Deduction Half Point Deduction</p>	
<p><u>Strikes & Blocks:</u> Mountain Block Partial Mountain Block Back and Roundhouse Punch Open Hand Middle Block Chicken Beak Strike</p>		<p><u>Kicking & Footwork:</u> Split Kick T Stance Triple Kick Execute all "jumping" and "flying" kicks</p>	
<p><u>Gyroogi:</u></p> <p>Expand your knowledge of strategy. All requirements up to this point are basic ideas of counters. The Sport of Taekwondo promotes new ideas and alterations to old ideas. At this point of your training you will have learned far more than just the basic requirements.</p> <p>Know all of the rules, signals, deductions etc. to competently referee or judge a sparring match.</p>			
<p><u>Self Defense:</u></p> <p>#1 Perform 10 strike defenses using hand techniques. #2 Perform 10 strike defenses using kicking techniques. #3 Display 3 sweep techniques. #4 Display 3 throws. #5 Perform 10 wrist locks and or arm bar take downs to completion (submission).</p>			
<p><u>Other Required Learning:</u></p> <p align="center"><u>Poomse</u> Taeguk Pal-Jang (#8) Palgwe Chil-Jang (#7) Palgwe Pal-Jang (#8)</p>			
<p>Also required at the time of testing is one FIVE PAGE paper on a Martial Art Topic approved by your instructor, and a two page book report on a martial arts related book.</p>			