

RED BELT REQUIREMENTS

BLOCKS :

INWARD PALM BLOCK, DOWN LOW KNIFE HAND BLOCK, SCISSOR BLOCKS, TWIN OUTWARD BLOCKS, LOW "X" BLOCK

STRIKES :

TWO HAND THROAT PUNCH, KNEE STRIKE, TWIN UPPER CUT

KICKING :

JUMP BACK KICK, SPIN HOOK KICK

STANCES :

TIGER (CAT) STANCE

SELF DEFENSE :

CREATE ONE (1) EFFECTIVE SELF-DEFENSE TECHNIQUE

SPARRING :

**FAKE A FRONT LEG CUT KICK INTO FRONT LEG APBAL, FAKE A FRONT LEG CUT KICK INTO BACK LEG BACK KICK
SPIN HOOK KICK TO THE HEAD (HELMET)**

POOMSAE :

TAEGEUK 7 + TAEGEUK 1, 2, 3, 4, 5, 6

BOARD BREAKING :

INSIDE KNIFE HAND CHOP INTO 2 BOARD SPIN ROUND KICK, ROUND KICK INTO 2 BOARD JUMP BACK KICK