

HIGH RED BELT REQUIREMENTS

1. Stationary Hand Techniques

- A. Single knife-hand block, horizontal elbow, back-fist punch
- B. Lead inside middle block, reverse punch, lead punch
- C. ^ Review all past belt level's requirements

2. Stationary Kicking Techniques

- A. Jumping turning side kick
- B. Jumping turning back kick
- C. Turning hook kick
- D. Jumping turning hook kick
- E. Flying side kick
- F. ^ Review all past belt level's requirements

3. Sparring Drills

- A. Turning roundhouse kick, roundhouse kick, turning hook kick
- B. Roundhouse kick, turning side kick, roundhouse kick, jump roundhouse
- C. Roundhouse kick, turning hook, roundhouse kick
- D. ^ Review all past belt level's requirements
- E. ^ Review all sparring steps

4. Moving Form Basics

- A. Back stance guarding block, open to front stance reverse punch
- B. Back stance single knife-hand block, open to front stance reverse horizontal elbow, back fist, lead punch
- C. High section double knife-hand block in right tiger stance, lead front kick, land into left front stance, reverse punch, pull left leg back into right tiger stance, lead horizontal palm block
- D. ^ Review all past belt level's requirements

5. Form / Pattern Information

A. Tae-Geuk 8

- 1. 24 Movements
- 2. Kiap points: 2, 18
- 3. Meaning: A series of actions applying the Gon principle. Gon represents the earth. The earth has strength, firmness, and power. The earth has the advantage to accommodate everything that grows, and has the heaven above. This pattern has a lot of basic movements, because it is the last step in formalized training. It allows the student to brush up on basic techniques.
- 4. Shape: Capital "I" with a line running through the center

HIGH RED BELT REQUIRMENTS

6. One-Step Sparring / Hapkido *(See attachments)*

- A. One steps: 1-10
- B. ^ Review all past belt level's requirements

7. Conditioning

- A. 15 to 25 Push-ups
- B. 15 to 25 Sit-ups
- C. Running in place/breakdown 9x to 10x
- D. ^ Review all past belt level's requirements