RED BELT

TAEKWON-DO REQUIREMENTS

2ND GUP (RED BELT) test for 1ST GUP (BLACK STRIPE)

Intereby request to be tested for a higher rank and agree that the examiner shall be the only persons who are qualified to place me on the basis of my technique, knowledge of the art and attitude. ATTENDANCE	Name: (Please print First and Last)			Signature:			Age:	
Attend a minimum of 64 Advanced level classes. 1: DATE	only persons who are q							
2: DATE 18: DATE 34: DATE 50: DATE 51: DATE 35: DATE 51: DATE 52: DATE 52: DATE 53: DATE 53: DATE 54: DATE 55: DATE 56: DATE 56: DATE 57: DATE 5								
35: DATE 51: DATE 55:	1: DATE	17: DATE		33: DATE	_	49: DATE		
4: DATE 20: DATE 36: DATE 53: DATE 53: DATE 55: DATE 55: DATE 7: DATE 22: DATE 38: DATE 55: DATE 55: DATE 7: DATE 23: DATE 39: DATE 55: DA	2: DATE	18: DATE		34: DATE	_	50: DATE		
5: DATE 21: DATE 37: DATE 53: DATE 54: DATE 7: DATE 22: DATE 38: DATE 55: D	3: DATE	19: DATE		35: DATE	_	51: DATE		
6: DATE 22: DATE 38: DATE 54: DATE 7: DATE 23: DATE 39: DATE 55: D	4: DATE	20: DATE		36: DATE		52: DATE		
7: DATE 23: DATE 39: DATE 55: DATE 56: DATE 9: DATE 24: DATE 41: DATE 57: DATE 57: DATE 10: DATE 26: DATE 42: DATE 59: DATE 59: DATE 11: DATE 59: DATE 59: DATE 59: DATE 59: DATE 12: DATE 28: DATE 44: DATE 60: DATE 13: DATE 29: DATE 45: DATE 61: DATE 61: DATE 14: DATE 62: DATE 61: DATE 15: DATE 62: DATE 63: DATE 63: DATE 64: DATE 63: DATE 64: DATE 65: DATE 64: DATE 64: DATE 65: DATE 64: DATE 64: DATE 65: DATE 65: DATE 64: DATE 65: DATE 65: DATE 65: DATE 66: D	5: DATE	21: DATE		37: DATE	_	53: DATE		
8: DATE	6: DATE	22: DATE		38: DATE	_	54: DATE		
9: DATE	7: DATE	23: DATE		39: DATE	_	55: DATE		
10: DATE 26: DATE 42: DATE 58: DATE 11: DATE 27: DATE 43: DATE 59: DATE 59: DATE 12: DATE 28: DATE 44: DATE 60: DATE 60: DATE 13: DATE 29: DATE 45: DATE 61: DATE 62: DATE 14: DATE 30: DATE 46: DATE 62: DATE 63: DATE 15: DATE 31: DATE 47: DATE 63: DATE 64:	8: DATE	24: DATE		40: DATE		56: DATE		
11: DATE 27: DATE 43: DATE 59: DATE 12: DATE 28: DATE 44: DATE 60: DATE 61: DATE 13: DATE 30: DATE 46: DATE 62: DATE 62: DATE 61: DATE 62: DATE 63: DATE 63: DATE 63: DATE 63: DATE 64:	9: DATE	25: DATE		41: DATE	_	57: DATE		
12: DATE	10: DATE	26: DATE		42: DATE	_	58: DATE		
13: DATE	11: DATE	27: DATE		43: DATE	_	59: DATE		
14: DATE 30: DATE 46: DATE 62: DATE 63: DATE 15: DATE 31: DATE 47: DATE 63: DATE 64: DATE 64: DATE 64: DATE 64: DATE 64: DATE 64: DATE 65: DATE 64: DATE 64: DATE 65: DATE 64: DATE 65:	12: DATE	28: DATE		44: DATE	_	60: DATE		
15: DATE	13: DATE	29: DATE		45: DATE	_	61: DATE		
In addition to the above classes, the student must be able to demonstrate the following items with precision, balance and power. (Each section and attendance must be signed by an assistant instructor or instructor where appropriate.) CITIZENSHIP (Social & Academic) On going demonstration of good discipline: COURTESY, INTEGRITY, PERSEVERANCE, SELF-CONTROL, INDOMITABLE SPIRIT	14: DATE	30: DATE		46: DATE		62: DATE		
In addition to the above classes, the student must be able to demonstrate the following items with precision, balance and power. (Each section and attendance must be signed by an assistant instructor or instructor where appropriate.) CITIZENSHIP (Social & Academic) On going demonstration of good discipline: COURTESY, INTEGRITY, PERSEVERANCE, SELF-CONTROL, INDOMITABLE SPIRIT	15: DATE	31: DATE		47: DATE		63: DATE		
balance and power. (Each section and attendance must be signed by an assistant instructor or instructor where appropriate.) CITIZENSHIP (Social & Academic) On going demonstration of good discipline: COURTESY, INTEGRITY, PERSEVERANCE, SELF-CONTROL, INDOMITABLE SPIRIT	16: DATE	32: DATE		48: DATE	_	64: DATE		
On going demonstration of good discipline: COURTESY, INTEGRITY, PERSEVERANCE, SELF-CONTROL, INDOMITABLE SPIRIT								
At home, school, and public (Including grade point average) In Studio	On going demonstration of good discipline:							
				In Studio				
COMPLETE Parent's Name: (If the student is under the age of 18): COMPLETE Examiner's Name (Print Name):	COMPLETE	Parent's Name: (If the student is under the age of 18):				me):		
DATE: Parent's Signature: DATE: Examiner's Signature: DATE:	DATE	Parent's Signature:		DATE:	Examiner's Signature:			

HAND TECHNIQUES STANCES O Close ready stance type C OPushing block with the palm OUpward punch with the forefist O Vertical stance OSide thrust with the elbow OSide front block with the inner forearm Examiner's Name (Print Name): Examiner's Name (Print Name): COMPLETE COMPLETE Examiner's Signature: Examiner's Signature: DATE: DATE: CONDITIONING KICKING **OFront Checking Kick** O Finger Tip Push-ups (15) O Jumping Shuffle Push-ups (20) **OSide Checking Kick** OMid-air 180° Reverse Hook Kick (Offensive) O Drive Bombers (20) One Legged Squat (5) **OFlying Kicks Quadruple Kicks** O Headstand Leg Extenders (15) OSit-up Knee up's (30) OFour Consecutive Kick - same direction O Pendulum (30) OStretching - Side & Front Splits, Feet together Examiner's Name (Print Name): Examiner's Name (Print Name): COMPLETE COMPLETE Examiner's Signature: Examiner's Signature: DATE: DATE: BREAKING PATTERN Children (Ages 13 and under) O Hwa-Rang 01/2 Board Mid-air 180° Reverse Hook kick ○1/2 Board Knifehand side strike **EXERCISE** Women & Juniors (Juniors age 13 to 17) ○ 4-Direction Thrust (Saju Tulgi) O1/2 Board Mid-air 180° Reverse Hook kick ○1/2 Board Forfist punch Examiner's Name (Print Name): **COMPLETE** Men (Ages 18 and above) O1 Board Mid-air 180° Reverse Hook kick **○3 Board Side Piercing kick** Examiner's Signature: DATE: Examiner's Name (Print Name): COMPLETE REQUIRED KNOWLEDGE OCounting to 90 in Korean (AHUN) Examiner's Signature: OHwa-Rang pattern Interpretation DATE: **○**5 parts of the Hwa-Rang Warrior Code **O3 Kingdoms of Ancient Korea** O6 Factors of the Theory of Power O Demonstration of INDOMITABLE SPIRIT Examiner's Name (Print Name): **COMPLETE** Examiner's Signature:

DATE: