

RED BELT

TAEKWON-DO REQUIREMENTS

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

Name: (Please print First and Last)	Signature:	Age:
I hereby 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.		Date of completion:

▶ ATTENDANCE

Attend a minimum of 64 Advanced level classes.

<input type="checkbox"/> 1: DATE _____	<input type="checkbox"/> 17: DATE _____	<input type="checkbox"/> 33: DATE _____	<input type="checkbox"/> 49: DATE _____
<input type="checkbox"/> 2: DATE _____	<input type="checkbox"/> 18: DATE _____	<input type="checkbox"/> 34: DATE _____	<input type="checkbox"/> 50: DATE _____
<input type="checkbox"/> 3: DATE _____	<input type="checkbox"/> 19: DATE _____	<input type="checkbox"/> 35: DATE _____	<input type="checkbox"/> 51: DATE _____
<input type="checkbox"/> 4: DATE _____	<input type="checkbox"/> 20: DATE _____	<input type="checkbox"/> 36: DATE _____	<input type="checkbox"/> 52: DATE _____
<input type="checkbox"/> 5: DATE _____	<input type="checkbox"/> 21: DATE _____	<input type="checkbox"/> 37: DATE _____	<input type="checkbox"/> 53: DATE _____
<input type="checkbox"/> 6: DATE _____	<input type="checkbox"/> 22: DATE _____	<input type="checkbox"/> 38: DATE _____	<input type="checkbox"/> 54: DATE _____
<input type="checkbox"/> 7: DATE _____	<input type="checkbox"/> 23: DATE _____	<input type="checkbox"/> 39: DATE _____	<input type="checkbox"/> 55: DATE _____
<input type="checkbox"/> 8: DATE _____	<input type="checkbox"/> 24: DATE _____	<input type="checkbox"/> 40: DATE _____	<input type="checkbox"/> 56: DATE _____
<input type="checkbox"/> 9: DATE _____	<input type="checkbox"/> 25: DATE _____	<input type="checkbox"/> 41: DATE _____	<input type="checkbox"/> 57: DATE _____
<input type="checkbox"/> 10: DATE _____	<input type="checkbox"/> 26: DATE _____	<input type="checkbox"/> 42: DATE _____	<input type="checkbox"/> 58: DATE _____
<input type="checkbox"/> 11: DATE _____	<input type="checkbox"/> 27: DATE _____	<input type="checkbox"/> 43: DATE _____	<input type="checkbox"/> 59: DATE _____
<input type="checkbox"/> 12: DATE _____	<input type="checkbox"/> 28: DATE _____	<input type="checkbox"/> 44: DATE _____	<input type="checkbox"/> 60: DATE _____
<input type="checkbox"/> 13: DATE _____	<input type="checkbox"/> 29: DATE _____	<input type="checkbox"/> 45: DATE _____	<input type="checkbox"/> 61: DATE _____
<input type="checkbox"/> 14: DATE _____	<input type="checkbox"/> 30: DATE _____	<input type="checkbox"/> 46: DATE _____	<input type="checkbox"/> 62: DATE _____
<input type="checkbox"/> 15: DATE _____	<input type="checkbox"/> 31: DATE _____	<input type="checkbox"/> 47: DATE _____	<input type="checkbox"/> 63: DATE _____
<input type="checkbox"/> 16: DATE _____	<input type="checkbox"/> 32: DATE _____	<input type="checkbox"/> 48: DATE _____	<input type="checkbox"/> 64: 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

At home, school, and public (Including grade point average)

<input type="checkbox"/> COMPLETE _____ DATE:	Parent's Name: <small>(If the student is under the age of 18):</small> Parent's Signature:
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In Studio

<input type="checkbox"/> COMPLETE _____ DATE:	Examiner's Name (Print Name): Examiner's Signature:
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▶ STANCES

- Close ready stance type C
- Vertical stance

<input type="checkbox"/> COMPLETE DATE: _____	Examiner's Name (Print Name): _____
	Examiner's Signature: _____

▶ HAND TECHNIQUES

- Pushing block with the palm
- Upward punch with the forefist
- Side thrust with the elbow
- Side front block with the inner forearm

<input type="checkbox"/> COMPLETE DATE: _____	Examiner's Name (Print Name): _____
	Examiner's Signature: _____

▶ CONDITIONING

- Finger Tip Push-ups (15)
- Jumping Shuffle Push-ups (20)
- Drive Bombers (20)
- One Legged Squat (5)
- Headstand Leg Extenders (10)
- Sit-up Knee up's (30)
- Pendulum (30)
- Stretching - Side & Front Splits, Feet together

<input type="checkbox"/> COMPLETE DATE: _____	Examiner's Name (Print Name): _____
	Examiner's Signature: _____

▶ KICKING

- Front Checking Kick
- Side Checking Kick
- Mid-air 180° Reverse Hook Kick (Offensive)
- Flying Kicks
- Quadruple Kicks
- Four Consecutive Kick - same direction

<input type="checkbox"/> COMPLETE DATE: _____	Examiner's Name (Print Name): _____
	Examiner's Signature: _____

▶ BREAKING

- Children (Ages 13 and under)
- 1/2 Board Mid-air 180° Reverse Hook kick
 - 1/2 Board Knifehand side strike
- Women & Juniors (Juniors age 13 to 17)
- 1/2 Board Mid-air 180° Reverse Hook kick
 - 1/2 Board Forfist punch
- Men (Ages 18 and above)
- 1 Board Mid-air 180° Reverse Hook kick
 - 3 Board Side Piercing kick

<input type="checkbox"/> COMPLETE DATE: _____	Examiner's Name (Print Name): _____
	Examiner's Signature: _____

▶ PATTERN

- Hwa-Rang

EXERCISE

- 4-Direction Thrust (Saju Tulgi)

<input type="checkbox"/> COMPLETE DATE: _____	Examiner's Name (Print Name): _____
	Examiner's Signature: _____

REQUIRED KNOWLEDGE

○ **Counting to 80 in Korean:**

- 81 - Yodun HANA 86 - Yodun YASUT
- 82 - Yodun DOOL 87 - Yodun ILGOP
- 83 - Yodun SET 88 - Yodun YAUDUL
- 84 - Yodun NET 89 - Yodun AHAUL
- 85 - Yodun TASUT 90 - AHUN

○ **The Hwa-Rang pattern Interpretation:** Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th Century. This group eventually became the actual driving force of the unification of the three kingdoms of Korea. The 29 movements refer to the 29th Infantry division, where Taekwon-Do developed into maturity.

Hwa-Rang has 29 movements and its diagram is a capital "I".

○ **The 5 parts of the Hwa-Rang Warrior Code:**

- Be loyal to your King.
- Be obedient to your parents.
- Be honorable to your friends.
- Never retreat in battle.
- Make a just kill.

○ **The 3 Kingdoms of Ancient Korea:**

- Koguryo
- Baek-Je
- Silla

○ **The 6 factors of the Theory of Power:**

- Reaction force
- Concentration
- Equilibrium
- Breath Control
- Speed
- Mass

○ **Demonstration of Tenets:**

INDOMITABLE SPIRIT: "Here lie 300, who did their duty," a simple epitaph for one of the greatest acts of courage known to mankind.

Although facing the superior forces of Xerxes, Leonidas, and his 300 Spartans at Thermopylae showed the world the meaning of indomitable spirit. It is shown when a courageous person and his principals are pitted against overwhelming odds.

A serious student of Taekwon-Do will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the number may be.

Confucius declared, "it is an act of cowardice to fail to speak out against injustice."

As history has proven those who have pursued their dreams earnestly and strenuously with indomitable spirit have never failed to achieve their goals.

○ **Characteristics of a Close Ready Stance Type C (Moa Junbi Sogi):** The Close Ready Stance is performed with both feet together and parallel. The weight is distributed evenly on both feet with the legs straight. This stance is performed full facing with the knifehands (right knifehand closest to the body) held 10 centimeters (4.1 inches) in front of the abdomen.

Characteristics of a Vertical Stance (Soojik Sogi): The Vertical Stance has the heel of the rear foot slightly beyond the heel of the front foot. It is 1 shoulder width long, measured from the big toe of the rear foot to the big toe of the front foot (measured from the outer foot sword of the rear foot to the big toe of the front foot). The weight is distributed 60% on the rear foot and 40% on the front foot. The rear leg is straight with the rear foot pointing in approximately 15 degrees. This stance is named for the rear foot and is always performed half facing.

<input type="checkbox"/> COMPLETE <hr/> DATE:	Examiner's Name (Print Name):
	Examiner's Signature: