

# RED STRIPE

## TAEKWON-DO REQUIREMENTS

3RD GUP (RED STRIPE) test for 3RD GUP (DOUBLE RED 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	Parent's Name: (If the student is under the age of 18):
_____	Parent's Signature:
DATE:	

In Studio

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

## ▶ STANCES

- No new stances

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

## ▶ HAND TECHNIQUES

- Upset thrust with the flat fingertip
- Side back strike with the back fist
- Pressing block with the x-fist
- Side thrust with the twin elbow
- W-shape block with the outer forearm
- Pushing block with the double forearm
- Front thrust with the flat fingertip

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

## ▶ CONDITIONING

- Finger Tip Push-ups (10)
- Jumping Shuffle Push-ups (15)
- Drive Bombers (15)
- One Legged Squat (3)
- Headstand Leg Extenders (5)
- Sit-up Knee up's (20)
- Pendulum (20)
- Stretching - Side & Front Splits, Feet together

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

## ▶ KICKING

- Back Snap Kick
- Outward pressing Kick
- Inward Pressing Kick
- Skip Kicks
- Three Consecutive Kicks - different directions

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

## ▶ BREAKING

Children (Ages 13 and under)

- 1/2 Board Triple Kicking - multiple targets
- 1/2 Board Downward Knifehand strike

Women & Juniors (Juniors age 13 to 17)

- 1/2 Board Triple Kicking - multiple targets
- 1/2 Board Downward Knifehand strike

Men (Ages 18 and above)

- 1 Board Triple Kicking - multiple targets
- 1/2 Board Back Fist side strike

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

## ▶ PATTERN

- Toi-Gye

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

# ▶ REQUIRED KNOWLEDGE

○ **Counting to 80 in Korean:**

- |                  |                   |
|------------------|-------------------|
| 71 - Ilhun HANA  | 76 - Ilhun YASUT  |
| 72 - Ilhun DOOL  | 77 - Ilhun ILGOP  |
| 73 - Ilhun SET   | 78 - Ilhun YAUDUL |
| 74 - Ilhun NET   | 79 - Ilhun AHAUL  |
| 75 - Ilhun TASUT | 80 - YODUN        |

- **The Toi-Gye pattern Interpretation:** Toi-Gye is the pen name of the noted scholar Yi Hwang (16th Century), an authority on neo-Confucianism. The 37 movements refer to his birthplace on the 37th latitude and the diagram represents the Chinese character for "scholar."

Toi-Gye has 37 movements, and its diagram is in the shape of a "plus sign" with a small line across the bottom.

- **The meaning of Red Belt:** TRed signifies danger, cautioning the student to exercise control and warning opponents to stay away.

○ **The nine points to be observed while performing a pattern:**

1. Accuracy; a pattern should begin and end on the same spot.
2. Correct posture and facing should be maintained at all times.
3. The muscles of the body should be tensed and relaxed at the proper moments.
4. A pattern should be performed in rhythmic movements with an absence of stiffness.
5. Moves should be accelerated or decelerated according to the instructions in the encyclopedia.
6. Each pattern should be perfected before going on to the next.
7. Students should know the purpose of each movement.
8. Students should perform each move with realism.
9. Attack and defense techniques should be equally distributed among left and right hands and feet.

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