

RED BELT REQUIREMENTS

1. Stationary Hand Techniques

- A. Double knife-hand low block
- B. Cross low section kick block
- C. Twin face punch, twin upset punch
- D. Scissor block
- E. Reverse high section palm block, back fist strike
- F. ^ Review all past belt level's requirements

2. Stationary Kicking Techniques

- A. Turning side kick
- B. Turning back kick
- C. Turning hook kick
- D. Turning spindle 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
- C. Roundhouse kick, turning hook
- D. Roundhouse kick, turning hook, roundhouse kick
- E. Roundhouse kick, jump spin roundhouse kick
- F. Inside axe kick, jump spin inside axe kick
- G. Inside crescent kick, jump spin inside crescent kick
- H. ^ Review all past belt level's requirements
- I. ^ Review all sparring steps

4. Moving Form Basics

- A. Tiger stance palm block, reverse front kick, inside middle block
- B. Back stance double knife-hand low block
- C. Front stance choke block, knee smash, twin upset, left front stance low section kick block
- D. ^ Review all past belt level's requirements

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5. Form / Pattern Information

A. Tae-Geuk 7

- 1) 25 Movements
- 2) Kiap points: 5/18/25
- 3) Meaning: The philosophical meaning of trigram Palgwe Gam which lends its shape to Tae-Geuk 7: Mountain (Top Stop). Stop when you should and move forward when you should; the order of stopping and moving should be meaningful within each person's plans for achievements.
- 4) Shape: Capital "I" with a line running through the center

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 7x to 9x
- D. ^ Review all past belt level's requirements