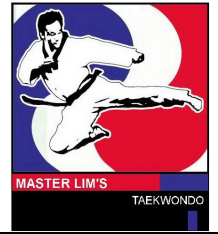


# Requirements Red to Brown Belt



**RED BELT Meaning: The sun is the source of all energy.**

**Student demonstrates confidence to reach goals.**

## CURRICULUM

- ❖ **WHITE TAPE** Ten Basic Motion ( Counting in Korean)

Tiger stance, Single Mountain Block, Groin, X-Block

- ❖ **YELLOW TAPE** kicking Combination (guarding stance)

- ❖ Skipping Kick, Switch, Tornado Kick (both side)

**Sparring: Combination kick 2**

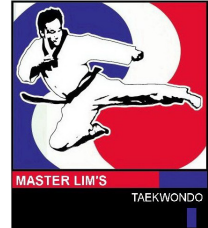
- ❖ **BLUE TAPE** Self Defense ( Wrist attack from behind)

- ❖ **RED TAPE** Belt Meaning

**Breaking: Jumping Back Kick**

- ❖ **BLACK TAPE** TAE GUK FORM (Yook Jang)

# Education Guide



## RED TO BROWN BELT

### ➤ Simple Korean Terminology & English Translation

<b><i>Korean</i></b>	<b>English</b>
Jung, Shin, Tong, Il, Han, Gook, Taekwondo, Ai Ya!	Total concentration, spirit, Taekwondo, yelling!

- What is the unwritten rule of Martial Arts?
  - Only speak of well of others.
- What are the best ways to be ready for class?
  - Come on time and prepared – remember my belt!

### **STUDENT PLEDGE**

I will not criticize my school or other students.

I shall keep promises that I keep.

I shall be punctual for class.