

RED BELT CURRICULUM

Training Period: 4 – 6 Months	Minimum Classes: 40
Leadership Teaching Hours: 10	
Suggested Equipment: Leadership Uniform	

KICKS:

JUMP HOOK	FRONT LEG
JUMP CRESCENT KICK	FRONT LEG
JUMP AXE KICK	FRONT LEG
FIGHTING SPIN CRESCENT	KICK FRONT LEG

KATA ("HYUNG," FORM OR PATTERN):

CHUG MU	"ADMIRAL OF THE FIRST KOREAN ARMORED BATTLESHIP"
CHOI GYE	"IRON HORSE"

ESCAPES/GRAPPLING:

KEY LOCKS

ONE STEPS:

CLASSICAL -2 CREATED BY YOURSELF (TAKEDOWN/SUBMISSION)
PRACTICAL - 2 CREATED BY YOURSELF (TAKEDOWN/SUBMISSION)

COMBINATIONS:

PULLING (SLIDE UP) FAKE SIDE KICK/REVERSE PUNCH/HOOK PUNCH
HOOK KICK/ROUND KICK/SIDE KICK

SPARRING:

SHOOT FIGHTING - 10 SECOND GROUND TIME

BREAKING: AXE KICK FIGHTING SIDE KICK

LEADERSHIP:

BE ABLE TO START A CLASS
TERMS: JUNBEE, CHARYEEOH, KYUNGYAE
CONDUCT PROPER WARM-UPS
TEACH WHITE & YELLOW CURRICULUM
TEACH COMPLIMENTARY TWENTY MINUTE TOUCH-UPS

ALL PURPLE BELT CURRICULUM IMPROVED

RED BELT WRITTEN EXAM

Tests are taken directly before physical exam on test day. If age appropriate, the instructor will ask the questions to the student. Feel free to take notes during class.

FILL IN THE BLANK

1. "Setting the tone inspires and brings out the best in others," this is the character trait Leadership .
2. What is Chug Mu Hyung Form of the Admiral of the 1st Korean Armored Battleship .
3. What is Choi Gye Kata Ironhorse Form .
4. Define CANI: Constant And Neverending Improvement .
5. Define RICE: Rest Ice Compression Elevation .
6. Tae Kwon Do became an Olympic Event : Yr 2000 City Sydney Ctry Australia
7. What does Praise,Correct, Praise mean: Compliment the effort,
8. Correct the technique,
9. Encourage progress.
10. When teaching, the student should do something while I regroup.