

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 (15)
- 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 90 in Korean (AHUN)
- Hwa-Rang pattern Interpretation
- 5 parts of the Hwa-Rang Warrior Code
- 3 Kingdoms of Ancient Korea
- 6 Factors of the Theory of Power
- Demonstration of INDOMITABLE SPIRIT

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