

Red Belt testing for Red Stripe

Terminology

No Belt – Gold Stripe

Hand Techniques

- 1) Spreading Block, Double Neck Chop
- 2) Hook Punch

Kicking

- 1) No Belt – Gold Stripe
- 2) Jump Back Hook Kick**
- 3) Split Kick**

Self Defense Techniques (Ho Shin Sool)

(must be done on both left and right side)

Red Belt 1 - 2

Forms

Kibon Hyung Parts I & II
Taeguk Il Jang
Taeguk Ee Jang
Koryo Part I

Breaking

2 Targets
Power Hand Technique (2 Boards Minimum)
Hook Kick

Breakfall

Front Fall (Shown with Terminology)

Experience

Minimum 20 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**