



# BLUE TESTING FOR RED-TIP

## PHILOSOPHY:

**PERSEVERANCE** – Stick to it. This is the hardest tenet to maintain. It means doing your best at whatever you do. Never quit and always finish what you start.

## ETHICS:

- HAVE BLACK BELT ATTITUDE AT ALL TIMES
- 100% EFFORT IN EVERY KICK, EVERY PRACTICE, EVERY DAY
- OUT OF RESPECT, NEVER FACE THE FLAGS OR YOUR INSTRUCTOR WHEN FIXING YOUR UNIFORM

## TERMINOLOGY:

### **ENGLISH**

TURN AROUND  
SIT DOWN  
STAND UP  
HORSE RIDING STANCE  
YOU'RE WELCOME

### **KOREAN**

TITO-DORAH  
ANJO  
E-DUSO  
KIM-JA-SE  
CHUN-MAN-AE-YO

## TESTING REQUIREMENTS:

- ALL PREVIOUS MATERIAL
- BREAKING TECHNIQUE: STEP BACK KICK OR JUMP BACK KICK
- APPROX. 4 MONTHS OF CLASS TIME (AVERAGE 2-3 CLASSES PER WEEK)
- POOMSE (FORMS) – BASIC FORM 1 & 2, TAEGEUK 1, 2, 3, 4 & 5

## YOU MUST BE ABLE TO EXECUTE THE FOLLOWING:

**STANCES** – CAT STANCE, TWIST STANCE

**PUNCHES** – JAB + REVERSE + HOOK + UPPERCUT, ELBOW STRIKES, PALM HEEL STRIKE

**BLOCKING DRILLS** – (LONG STANCE): LOW BLOCK, HIGH BLOCK, INSIDE-OUT BLOCK, OUTSIDE-IN BLOCK

**MOTION BLOCKS** – DOWN BLOCK, HIGH BLOCK, INSIDE-OUT BLOCK, OUTSIDE-IN BLOCK, DOUBLE PUNCH, KNIFE HAND BLOCK, SINGLE KNIFE HAND IN BACK STANCE, DOUBLE KNIFE HAND IN BACK STANCE, FOREARM BLOCK IN BACK STANCE, OUTSIDE-IN BLOCK IN BACK STANCE, SUDO CHOP IN FRONT STANCE, ELBOW STRIKE IN FRONT STANCE, STEP INTO A TWIST STANCE WITH BACK FIST, SINGLE KNIFE CHOP IN FRONT STANCE, PALM HAND ASSISTING TRUNK BLOCKING IN CAT STANCE, BACK FIST ASSISTING TRUNK IN CAT STANCE, DOUBLE LOW SIDE BLOCK IN READY STANCE.

**KICKS** – PUSH KICK, FRONT SNAP KICK, ROUND-HOUSE, FAST KICK, SIDE KICK, STEP FORWARD SIDE KICK, BACK LEG DOUBLE, FRONT LEG DOUBLE, BACK KICK, HOOK KICK, STEP FORWARD HOOK KICK, BACK SWING KICK, NADOBAN KICK.

**FOOTWORK** – VARIOUS COMBINATIONS USING CHUNJIN, WHOJIN, ILBO CHUNJIN, ILBO WHOJIN

**SELF DEFENSE** – DEMONSTRATE A FEW OF EACH: FINGER LOCKS, WRIST LOCKS, ESCAPE MOVES

**SPARRING** – SPARRING EQUIPMENT IS REQUIRED

**WEAPONS** - Batons (One-Step)

1 One-Step 1

- Attack: [Attack]
- [Defense 1]



- [Defense 2]
  - [Defense 3]
- 2 One-Step 2
- Attack: [Attack]
  - [Defense 1]
  - [Defense 2]
  - [Defense 3]
- 3 One-Step 3]
- Attack: [Attack]
  - [Defense 1]
  - [Defense 2]
  - [Defense 3]

## SELF DEFENSE – EXECUTION DRILLS 6 – 10 ON THE RIGHT SIDE

### One-Step Self Defense

#### 6. Middle Punch

Step back left foot into Back Stance. Do an Outside-to-Inside right Single Knife-Hand block, right-hand Inside-to-Outside Knife-Hand Strike to neck, sliding Elbow Strike to midsection with ki-hap, return to the fighting position with ki-hap.

Return to ready position.

#### 7. Middle Punch

Slide to left. Do a right-hand Inside-to-Outside Single Knife-Hand Block and grab the attacker's wrist. Do a right foot Roundhouse Kick to the midsection, a right foot side Kick to the knee, then step down and finish with a left-hand High Punch with ki-hap while pulling the attacker in with the trapped wrist. Return to the fighting position, with ki-hap.

Return to ready position.

#### 8. Middle Punch

Slide 45° to the right into Horseback Stance. Do a simultaneous left-hand Inside-to-Outside Single Knife-Hand Block and right-hand Outside-to-Inside Knife-Hand Strike to the neck with Back Stance. Grab the attacker's wrist with the left hand, pulling in and down. Shift into Front Stance and do two Elbow Strikes to the face: first right to left, then left to right with ki-hap, return to the fighting position with ki-hap.

Return to ready position.

#### 9. High Punch Takedown

Step back right foot into Front Stance. Do a left-hand High Block, grab the attacker's wrist, and twist the arm outward and down. Do a right-hand Palm Heel Thrust to the face, then grab the uniform at the right shoulder and sweep the attacker's right leg with your right leg. Take down, and then punch to face with ki-hap.

Return to ready position.

#### 10. High Punch

Step back left foot into Front Stance. Do a right-hand High Block, grab the attacker's wrist, and twist the arm Out and around in a clockwise circle. Step in with the left foot and break the attacker's right elbow with your left forearm (continue the hold on the wrist). Grab the wrist with both hands, slide the left foot back into Back Stance and do a Front Snap Kick to the ribs with your right foot with Ki-hap, return to the fighting position with ki-hap.

Return to ready position.



## Written Test

### Blue Belt Testing for Red-Tip Belt

Name: \_\_\_\_\_

1. How has Taekwondo affected your daily life?

Mentally:

Physically:

Emotionally:

2. What would you like to improve before your next belt testing?

Mentally:

Physically:

Emotionally:

3. How is Taekwondo good for you and your family? (give an example)

4. What is the definition of the Taekwondo tenet: PERSEVERANCE (give an example)

5. Draw a line connecting the words on the left to the matching words on the right:

Turn around

Sit down

Stand up

Horse riding stance

You're welcome

Chun-man-ae-yo

Tito-dorah

Kim-ja-sae

E-duso

Anjo

# CHANG LEE'S TAEKWONDO



**Test Fee \$65**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Present Rank: \_\_\_\_\_ Applied Rank: \_\_\_\_\_

Date of Test: \_\_\_\_\_ Belt Size: \_\_\_\_\_

	A+	A	B	C	D	Comments
<b>Stances and Movements</b>						
<b>Endurance / Conditioning</b>						
<b>Kicking Technique</b>						
<b>Foot Work</b>						
<b>Blocking and Punches Drills</b>						
<b>Motion Blocks</b>						
<b>Forms (Poomse)</b>						
<b>Respect / Focus</b>						
<b>Flexibility</b>						
<b>Sparring Technique</b>						
<b>Board Breaking</b>						