

RED TESTING FOR BLACK-TIP 1



PHILOSOPHY:

INDOMITABLE SPIRIT – It comes from the soul. This is the strength to stand up for what you believe in, no matter what the odds. Respect yourself and the odds. Know what you are up against. Finish what you start.

ETHICS:

- SHOW LOYALTY TO YOUR FAMILY AND TAEKWONDO MASTER
- BEGIN GIVING BACK TO YOUR INSTRUCTORS AND DOJANG BY BEING A LEADER IN EVERY CLASS

TESTING REQUIREMENTS:

- ALL PREVIOUS MATERIAL
- BREAKING TECHNIQUE: TWO STATION BREAK (INSTRUCTOR'S CHOICE)
- APPROX. 6 MONTHS OF CLASS TIME (AVERAGE 2-3 CLASSES PER WEEK)
- POOMSE (FORMS) – BASIC FORM 1 & 2, TAEGEUK 1, 2, 3, 4, 5, 6, 7

YOU MUST BE ABLE TO EXECUTE THE FOLLOWING:

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, OUTSIDE-IN PALM BLOCK IN CAT STANCE, DOUBLE LOW SIDE BLOCK IN READY STANCE, COMBO INSIDE-OUT HIGH BLOCK, UPPERCUT KNIFE HAND STRIKE IN BACK STANCE, DOUBLE KNIFE HAND HIGH-LOW BLOCK IN BACK STANCE, PALM BLOCK AND BACK FIST IN CAT STANCE, BOX BLOCK, SHOULDER GRAB KNEE STRIKE DOUBLE UPPERCUT LOW X BLOCK, RIGHT LEG OUTSIDE-IN KICK TO LEFT PALM INTO RIGHT ELBOW STRIKE

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

BLOCKING DRILLS – (LONG STANCE) LOW BLOCK, HIGH BLOCK, INSIDE-OUT, OUTSIDE-IN (BACK STANCE) SINGLE KNIFE HAND, DOUBLE KNIFE HAND, FOREARM BLOCK, DOUBLE HAMMER FIST LOW, INSIDE-OUT SQUARE PUNCH (RIDING HORSE STANCE) SIDE PUNCH(CAT STANCE) PALM BLOCK

SPARRING – SPARRING EQUIPMENT IS REQUIRED

WEAPONS -

- a. Batons (One-Step)
 - 1 All from Previous Belt
- b. Nunchucks (Motion Blocks)
 - 1 Horse Stance; Low Center Block, High Center Block *Kihap*, Load over right shoulder
 - 2 Right Hand Front Strike *Kihap*, return to right hip, return to right shoulder (same as triple strike)
 - 3 R-L Side Swipe block, step forward to right foot long stance, two-hand jab *Kihap*
 - Return to Horse Stance, Load over Left Shoulder.
 - 4 Left Hand Front Strike *Kihap*, return to right hip, return to right shoulder (same as triple strike)
 - 5 L-R Side Swipe block, step forward to right foot long stance, two-hand jab *Kihap*

SELF DEFENSE – EXECUTION DRILLS 11 – 15 ON THE RIGHT SIDE



One-Step Self Defense

11. Middle Punch

Step back right foot into Back stand, Right foot Outside-to-Inside Crescent kick to attacker's wrist. Without putting foot down, do right foot Side-kick, set right foot down, do left foot turning back kick with ki-hap, return to fighting position, right leg back, Ki-hap.

12. High Punch

Slide to Right, Do right foot jumping Snap kick, Land front stand, right leg back, Do Right Hand middle punch, and Left hand High punch with ki-hap. Return to fighting position with ki-hap.

13. High Punch

Step back left foot into back stand, Right foot Side kick, Left foot Jumping Turning back kick with ki-hap. Return to fighting position with ki-hap.

14. Middle Punch

Left foot Inside-to-Outside Crescent kick to attacker's wrist, Right foot Jumping Roundhouse kick to the head, Right hand Middle punch, left hand High punch with ki-hap. Return to fighting position with ki-hap.

15. Middle Punch

Left foot Inside-to-Outside Crescent kicks to attacker's wrist, Right foot Roundhouse kick to the head, Left foot Spin kick to the head, ki-hap. Return to fighting position, right leg back, Ki-hap.

Written Test

Red Belt Testing for Black-Tip Belt



Name: _____

1. What have you gained from Taekwondo, and how do you use it to help others? (Answer must be a minimum of 100 words)

2. What does your Tae Geuk form represent, and what is the meaning?

3. What is the definition of the Taekwondo tenet: **INDOMITABLE SPIRIT** (give an example)

CHANG LEE'S TAEKWONDO



Test Fee \$75

Name: _____ Date of Birth: _____ Age: _____

Present Rank: _____ Applied Rank: _____

Date of Test: _____ Belt Size: _____

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