



RED-TIP TESTING FOR RED

PHILOSOPHY:

SELF CONTROL – Learn to maintain a smooth level (Physically and mentally) in all activities, and no others with perceive you as a more solid and reliable person. As a martial artist, it will take self-control to use the physical and mental techniques you have learned.

ETHICS:

- STRETCH EVERY PRACTICE, EVERYDAY, HARDER THAN BEFORE
- WORK TWICE AS HARD IN CLASS, BOTH PHYSICALLY AND MENTALLY
- ALWAYS USE SELF-CONTROL
- SHOW RESPECT TO ALL INSTRUCTORS

TESTING REQUIREMENTS:

- ALL PREVIOUS MATERIAL
- BREAKING TECHNIQUE: BACK SWING KICK
- APPROX. 5 MONTHS OF CLASS TIME (AVERAGE 2-3 CLASSES PER WEEK)
- POOMSE (FORMS) – BASIC FORM 1 & 2, TAEGEUK 1, 2, 3, 4 , 5 & 6

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, OUTSIDE-IN PALM BLOCK IN CAT STANCE, DOUBLE LOW SIDE BLOCK IN READY STANCE, COMBO a) INSIDE-OUT HIGH+BLOCK IN BACK STANCE a) UPPERCUT IN FRONT-LONG STANCE c) KNIFE HAND STRIKE IN ATTENTION STANCE, DOUBLE KNIFE HAND HI-LOW BLOCK IN BACK 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

SELF DEFENSE – EXECUTION DRILLS 6 - 10 ALL INSTRUCTION TO 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.

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						