

Stripe Requirements - Red Belt

Stripes

1.) New Techniques

- Double knife-hand square block
- Knife-hand high block, Reverse knife-hand strike
- Two step jump side kick, Land in a back stance and double knife-hand block

2.) New Techniques

- Round kick, Spin side kick, Double fist block opposite way
- Jump spin 360, Land in a back stance double knife-hand block
- Reverse spearhand low, Switch to a front stance, Back fist low block

3.) New Techniques

- Front back fist, Side back fist combination
- Two rear leg side kicks, Double knife-hand X block in a back stance (opposite way)
- Twin upper palm heel block

4.) Sparring

- Two minutes of 2 on 1 sparring

5.) Demonstrate the Red Belt Form (Choong-Moo)

- Cite the name and number of moves of this form
- Demonstrate entire form with a lot of power and no mistakes

6.) Board Breaking

- Must break board with hand and foot technique

