

Promotion Requirements

for Red Belts (3th Gup)

CURRENT BELT:



Basic Techniques
Hand Techniques: Mountain blocks, High finger tip strike, L-stance (T-stance) Kicking Techniques Flying back kick, 360 degree Axe kick Breaking Techniques: Jumping Reverse Turing Kick
One Step Sparring Drills
Red Belt Practitioners: <ol style="list-style-type: none"> 1) Must know all 1-18 and be able to execute full speed with an experienced partner. 2) Design 3 one step sparring drills of your own creation. Can use various different attacks. Techniques should be effective in self-defense scenarios.

TAE GEUK CHIL CHANG

MOVEMENTS: 25

DEFINITION: Represents the actions of Gan principle of Palgwe symbolizing a mountain. The stability of a mountain reminds us of the limits of human beings. Thus, the taekwondoist must adapt to that which he cannot change or move in nature, and learn to stop as well as move with proper timing to achieve his goals.

- 1) Turn **90 degrees** to the **left** with left leg into **left cat stance** with **right middle push block**.
- 2) Throw **back(right) leg front kick**, and land back to the original stance(left cat stance), and execute **left out-to-in middle block**.
- 3) Turn **90 degrees** to the **right** with back(right) leg into **right cat stance** with **left middle push block**.
- 4) Throw **back(left) leg front kick**, and land back to the original stance(right cat stance), and execute **right out-to-in middle block**.
- 5) Turn **90 degrees** to the **left** with back(left) leg into **left back stance** with **left low knifehand guarding block**.
- 6) Move forward with right leg into **right back stance** with **right low knifehand guarding block**.
- 7) Turn **90 degrees** to the **left** with back(left) leg into **left cat stance** with **right middle guarding push block**(left arm supporting underneath right arm).
- 8) Execute **right backfist** to the sternum area.(7-8 one count).
- 9) Turn **180 degrees** to the **right** with back(right) leg into **right cat stance** with **left middle guarding push block**. (right arm supporting).

- 10) Execute **left backfist** to the sternum area. (9-10 one count)
- 11) Turn **90 degrees** to the **left** with back(left) leg bringing both feet together, and execute **high joon bi position**(like in Won Hyo).
- 12) Move forward with left leg into **left front stance**, and execute **left inside middle and right down block** simultaneously. Follow with **right inside middle block** and **left down block** simultaneously.
- 13) Move **forward with right leg** into **right front stance**, and execute **right inside middle block** and **left down block** simultaneously. Follow with **left inside middle block** and **right down block** simultaneously.
- 14) Turn **270 degrees** to the **left** with back(left) leg into **left front stance** with **double outside middle block** (grabbing action included).
- 15) Throw **back(right) knee strike**, and **jump forward** into **right-leg stance** (left foot behind the right knee) with **double uppercut**.
- 16) Move **left leg backward** into **right front stance** with **low X-block**.
- 17) Turn **180 degrees** to the **right** with front(right) leg into **right front stance** with **double outside middle block** (grabbing action included).
- 18) Throw **back(left) knee strike**, and **jump forward** into **left-leg stance** (right foot behind the left) with **double uppercut**.
- 19) Move **right leg backward** into **left front stance** with **low X-block**.

(continued)

- 20) Turn **90 degrees** to the **left** with front(left) leg into **left T stance** with **left back fist** to the temple.
- 21) Open left hand. Throw **back(right) out-to-in crescent kick striking open hand**, and land forward to **sitting stance** with **right high elbow strike** (left hand grabs and pulls the imaginary opponent's head towards the right elbow).
- 22) Adjust to **right T stance** by moving right leg back, and execute **right backfist** to the temple.
- 23) Open right hand. Throw **back(left) out-to-in crescent kick striking open hand**, and land forward to **sitting stance** with **left high elbow strike** (see #21).
- 24) Adjust to **left T stance** with **left knifehand outside middle block**.
- 25) Move forward with right leg, and execute right middle side punch with sitting stance. Ki-Up.

TAE GYUE

MOVEMENTS: 37

DEFINITION: It is the pen name of the noted scholar Hi Hwang (16th A.D.), an authority on neo-confucianism. The 37 movements represent his birthplace on the 37th latitude, and the diagram of the pattern, like the Yool Gok pattern, represents scholar.

- 1) Turn **90 degrees** to the **left** with left leg into **left back stance** with **left inside middle block**.
- 2) Adjust to **left front stance**, and execute **right low fingertip** while **left hand pulls in** the imaginary opponent to right shoulder.
- 3) Turn **90 degrees** to the **right** with left leg(pull in towards right) till both **feet together**, and execute **right outside block and left down block** simultaneously.
- 4) Turn **90 degrees** to the **right** with right leg into **right back stance** with **right inside middle block**.
- 5) Adjust to **right front stance**, and execute **left low fingertip** while **right hand pulls in** the imaginary opponent to the left shoulder.
- 6) Turn **90 degrees** to the **left** with right leg(pull in towards left) till both **feet together**, and execute **left outside middle block and right down block** simultaneously.
- 7) Move forward with **left leg** into **left front stance** with **low X-block**.
- 8) Immediately follow with **double punch** (simultaneous) to the temple. (7-8 one count)
- 9) Throw **back(right) leg front kick**, and land forward to **right front stance**.
- 10) Execute **right middle punch**.
- 11) Execute **left middle punch**. (9-10-11 one count)
- 12) Turn **90 degrees** to the **left** with back(left) leg pulling in till **both feet together** and **rest both fists at the waist**.
- 13) Throw **right out-to-in crescent kick**, and turn **90 degrees** to the **left** by pivoting left foot into **sitting stance** and execute **right mountain block** (both arms up, right hand in outside middle block position, left hand in front of body in inside middle block position facing the right arm and upper body stays twisted during the kick then unwinds right before leg lands into stance with right hand twisting into inside middle block and left hand going into inside middle block position. End position being each arm in inside middle block position on each side of the body not in front of the body). NOTE: After each crescent kick, stomp the floor hard when landing into sitting stances.
- 14) Throw **left out-to-in crescent kick**, and turn **180 degrees** to the **left** by pivoting right foot into **sitting stance** with **left mountain block** (right and left hands turn counterclockwise).
- 15) Throw **left out-to-in crescent kick**, and turn **180 degrees** to the **left** by pivoting right foot into **sitting stance** with **left mountain block** (right and left hands turn counterclockwise).
- 16) Throw **right out-to-in crescent kick**, and turn **180 degrees** to the **left** by pivoting left foot into **sitting stance** with **right mountain block** (right and left hands turn clockwise).
- 17) Throw **left out-to-in crescent kick**, and turn **180 degrees** to the **left** by pivoting right foot into **sitting stance** with **left mountain block** (right and left hands turn counterclockwise).
- 18) Throw **left out-to-in crescent kick**, and turn **180 degrees** to the **left** by pivoting right foot into **sitting stance** with **left mountain block** (right and left hands turn counterclockwise).
- 19) Move **right leg towards left**, and **left leg going forward** into **left back stance** with **left inside reinforced block**.
- 20) Adjust to **left front stance**, and execute **head grab with two hands**.
- 21) Pull both hands down, and execute **right knee strike**. Plant the right foot close to the left, and turn **180 degrees** to the **left** with left leg into **left back stance**.
- 22) Execute **left knifehand guarding block**. (21-22 one count)
- 23) Throw front(left) leg front kick, and land forward to **left front stance**.
- 24) Execute **left high fingertip**. (23-24 one count)
- 25) Move forward with right leg into **right back stance** with **right knifehand guarding block**.
- 26) Throw front(right) leg front kick, and land forward to **right front stance**.
- 27) Execute **right high fingertip**. (26-27 one count)
- 28) Move front(right) leg backward into **left back stance** with **left down block**, and **right backfist** to the temple area (simultaneously).
- 29) Jump forward with **left leg**, and land with **low X-block** with **right X-stance**.
- 30) Move forward with front(right) leg into **right front stance** with **right inside reinforced block**.
- 31) Turn **270 degrees** to the **left** with back(left) leg into **left back stance** with **left low knifehand guarding block**.
- 32) Adjust to **left front stance**, and execute **right sweep block**.
- 33) Turn **180 degrees** to the **right** with ITF turnaround into **right back stance** with **right low knifehand guarding block**.
- 34) Adjust to **right front stance**, and execute **left sweep block**.
- 35) Turn **90 degrees** to the **left** by pivoting both feet into **left front stance** with **right sweep block**.
- 36) Turn **90 degrees** to the **right** by pivoting both feet into **right front stance** with **left sweep block**.
- 37) Turn **90 degrees** to the **left** with front(right) leg adjusting to **sitting stance**, execute **right middle punch**. Ki-Up.