

Promotion Requirements

for Red Stripes (4th Gup)

CURRENT BELT:



Basic Techniques

Hand Techniques:

Pole block, Open hand uppercut, Cat stance.

Kicking Techniques

Counter Reverse Turning Kick (#17), Moving back double kick (first kick like padachagi), Cut 45 degree motions, Check motions, Jumping Axe kick

Sparring Step Drills

From Left Sparring Stance (Right leg back)

17) Counter Reverse Turning Kick

- Lift left (front) leg.
- Perform reverse turning kick with right leg, jumping slightly.

One Step Sparring Drills

16) Knifehand Block, Knifehand Strike, Reverse Scissor Kick Takedown

- Move right foot forward to form right back stance, and execute right knifehand outside middle block.
- Lunge forward to another right back stance (plant it behind the partner's leg) and execute right knifehand strike.
- After securing right foot behind the partner's right leg, execute left reverse scissor kick takedown.

17) Left High Block, Right Outer Knifehand Strike, Elbow Strike, Moving back Back Kick

- Move forward with left foot to left front stance, and execute left high block and right outer knifehand strike to the neck area simultaneously.
- Execute right high elbow strike.
- Move left foot clockwise towards right foot while right foot executes back kick.

18) Hip Toss

- Move Right leg forward while left hand blocks and grabs the attacking fist.
- With back turned against partner, slide right arm underneath partner's right arm and grab over it.
- Execute hip toss and ki-up.

TAE GEUK YOOK CHANG

MOVEMENTS: 23

DEFINITION: Represents actions of Gam of Palgwe principle symbolizing the water. Water always flows downward without ever losing its shapeless nature. Thus, like water, a taekwondoist must endure difficult obstacles with patience, confidence and consistency.

1. Turn **90 degrees** to the **left** with left leg into **left front stance** with **left down block**.
2. Throw **back(right) leg front kick**, and land back in the **original position** into **left back stance** with **left outside middle block**.
3. Turn **180 degrees** to the **right** with back(right) leg into **right front stance** with **right down block**.
4. Throw **back(left) leg front kick**, and land it back to the **original position** into **right back stance** with **right outside middle block**.
5. Turn **90 degrees** to the **left** with back(left) leg into **left front stance** (body twisted slightly to the left) and execute **right knifehand outside high middle block**(Thumb out).
6. Throw **back(right) high turning kick** and land forward to **right front stance**.
7. Turn **90 degrees** to the **left** with back(left) leg into **left front stance** with **left high outside middle block**.
8. Immediately, execute **right middle punch**.(7-8 one count)
9. Throw **back(right) front kick**, and land forward to **right front stance** with **left middle punch**.
10. Turn **180 degrees** to the **right** with front(right) leg into **right front stance** with **right high outside middle block**.
11. Immediately, execute **left middle punch**.(10-11 one count)
12. Throw **back(left) leg front kick**, and land forward to **left front stance** with **right middle punch**.
13. Turn **90 degrees** to the **left** with front(left) leg into **joon bi stance** and execute **slow double open hand side down block**.
14. Move **right leg forward** into **right front stance** with **left knifehand outside high middle block**(Thumb out).
15. Throw **back(left) high turning kick (ki-up here)**, and land forward to **left front stance**.
16. Turn **270 degrees** to the **right** with back(right) leg into **right front stance** with **right down block**.
17. Throw **back(left) leg front kick**, and land back to the **original position** into **right back stance** with **right outside middle block**.
18. Turn **180 degrees** to the **left** with back(left) leg into **left back stance** with **left down block**.
19. Throw **back(right) leg front kick**, and land back to the **original position** into **left back stance** with **left outside middle block**.
20. Move **back(right) leg forward to left**, then turn **90 degrees** to the **left** by pivoting both feet, then **move right leg back** to form **left back stance** while executing **left knifehand guarding block**.
21. Move **left leg backward** into **right back stance** with **right knifehand guarding block**.
22. Move **right leg backward** into **left front stance** with **left middle push block**. Immediately follow with **right middle punch**.
23. Move **left leg backward** into **right front stance** with **right middle push block**. Immediately follow with **left middle punch**. Ki-up.

JOON GOON

MOVEMENTS: 32

DEFINITION: Named after patriot Joon Goon (1878-1910) who assassinated Ito Hirobumi, the former Japanese resident general of Korea who was regarded as the architect of Japanese aggression against Korea. The 32 movements represent his age when he was captured and executed in Lushan prison in 1910.

FROM LOW JOONBI STANCE:

- 1) Turn **90 degrees** to the **left** with left leg into **left back stance** with **left knifehand inside middle block**.
- 2) Throw **front(left) leg front kick**, land close to the right foot.
- 3) Move **right leg forward** to **right cat stance** while sweeping arms in a circular motion and ending with a **right upside down push block**.
- 4) Turn **180 degrees** to the **right** with front(right) leg into **right back stance** with **right knifehand inside middle block**.
- 5) Throw **front(right) leg front kick**, land close to the left foot.
- 6) Move **left leg forward** to **left cat stance** while sweeping arms in a circular motion and ending with a **left upside down push block**.
- 7) Turn **90 degrees** to the **left** with front(left) leg into **left back stance** with **left knifehand guarding block**.
- 8) Adjust to a **left front stance** and execute a **left elbow strike** to the chin area. (7-8 one count)
- 9) Move **forward** with the **right leg** into **right back stance** with **right knife hand guarding block**.
- 10) Adjust to a **right front stance** and execute a **right elbow strike** to the chin area. (9-10 one count).
- 11) Move **forward** with the **left leg** into **left front stance** with **double punch to the temple**.
- 12) Move **forward** with the right leg into **right front stance** with **double uppercut**.
- 13) Turn **180 degrees** to the **left** with ITF turn around into **left front stance** with **high X-block**.
- 14) Turn **90 degrees** to the **left** with front(left) leg into **left back stance** with **left backfist** to the temple area.
- 15) **Twist left hand clockwise** while adjusting to **left front stance**.
- 16) Execute a **right middle punch**. (15-16 one count)
- 17) Turn **180 degrees** to the **right** with back(right) leg into **right back stance** with **right backfist** to the temple area.
- 18) **Twist right hand clockwise** while adjusting to **right front stance**.
- 19) Execute a **left middle punch**. (18-19 one count)
- 20) Turn **90 degrees** to the **left** with back(left) leg into **left front stance** with **left inside reinforced block**.
- 21) Pull in left leg aiming with right hand and go back out to **left extended back stance** and execute a **left middle punch**.
- 22) Throw **back(right) middle side kick** and land forward to a **right front stance**.
- 23) Execute **right inside reinforced block**.(22-23 one count)
- 24) Pull in right leg aiming with right hand and go back out to **right extended back stance** and execute a **right middle punch**.
- 25) Throw **back(left) middle side kick** and land forward to a **left back stance**.
- 26) Execute a **left forearm guarding middle block**. (25-26 one count)
- 27) Adjust to **left front stance** slowly and execute **slow left up block and right down block** finishing at the same time.
- 28) Move forward with right leg into **right back stance** with **left forearm guarding middle block**.
- 29) Adjust to **right front stance** slowly, and execute **slow right up block and left down block** finishing at the same time.
- 30) Pull back(left) leg in towards right, pivot **90 degrees to the left** with feet together and execute **slow side middle punch**.
- 31) Move **right leg forward** into **right back stance** and execute **pole block** (left high section and right low section).
- 32) Turn **180 degrees** to the **left**, pulling the right leg toward the left and the left going out into **left back stance** and execute **pole block** (right high section and left low section). Ki-up