

High Red (1st Kub)

Review all Red Belt requirements

Safety Gear Week

Sparring

Theory: Backward counter skills vs. Forward counter in Space concept

Practical: Friendly contact with full safety gear

Drill

Combinations:

Footwork

- Shuffling forward + Shuffling backward + One step forward
- Cut step + One step in + Shuffling backward
- Running step + Shuffling backward + Reverse turning step

Kicking

- Double kick
- Shuffling step back + Double kick (Against Fast kick attack at close distance)

Drill: Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

Basics and Forms Week

Basics

Hand techniques: Two hand fist block, Single mountain block, Elbow/back fist combo

Kicks: Double round air kick, Fast step double round air kick

Form

Tae Geuk Pahl Jhang

Testing Requirements

Sparring

- Full safety gear
- Friendly contact
- Combinations
 - Footwork
 - Kicks

Form

Tae Geuk Pahl Jhang

Self Defense

1-6 techniques
Ho Sin Sool 13-15

Breaking

Hand technique
Step in & same foot
Jump whip kick

Knowledge

Poomse (Pattern or Form)
Kyorugi (Sparring or Fighting)
Kyukpa (Breaking)
Ho Sin Sool (Self Defense)
Jung Sin Tong Il (Meditation)
One Step Self Defense
Significance of Tae Geuk
Chil Jhang

Self-Defense Week

One Step Self-Defense

1-6 techniques (opposite side of Red Belt)

Self-Defense

Ho Sin Sool 13-15

Knowledge and Power Training Week

Breaking

- **Hand:** Choose one (Knife hand, Hammer fist, Fist, Elbow, Palm)
- **Kick:** Step in & same foot Jump whip kick
- Practice how to hold a target

Knowledge

Know all knowledge requirements on the back of attendance card

TKD Etiquette and Leadership

Review Week

Reviewing all topics above (fast pace but good for all)

➤ ***To test: Your tuition payment must be on time.***

High Red Belt (1st Kub) Study Guide

Poomse (Pattern or Form)

A choreographed demonstration of the various kicks, blocks and hand techniques of Tae Kwon-Do, which students utilize with an imaginary opponent or opponents.

Kyorugi (Sparring or Fighting)

A practical application of various forms against an actual opponent.

Kyukpa (Breaking)

Done to practice and illustrate the formidable power, precision, and great mental concentration of the Tae Kwon-Do practitioner.

Ho Sin Sool (Self-Defense)

The study of how to use an attacker's strength or skill and weapons against him or her.

Jung Sin Tong Il (Meditation)

For the purpose of concentration practice in order to focus precision and power, visualize goals, and listen to one's conscience for internalizing important truths and moral standards.

One Step Self-Defense

Choreographed promised fighting at one step distance.

Tae Geuk 8-Jhang

Represents ***The Earth***, where all things exist, where all things are rooted and grow, then die. It is the last poomse for color belt students. (24 pooms)