

Red (2nd Kub)

Review all High Blue Belt requirements

Safety Gear Week

Sparring

Theory: Back kick and Whip kick are

1. Frequently used techniques after Trapping opponents
2. Better to learn as counter techniques rather than learning as attacking

Practical: Friendly contact with full safety gear

Drill

Combinations:

1. Counter back kick (Stationary position)
Against: Running step, Fast kick, Roundhouse kick, One step in, Front leg drop kick, Front leg cut, Combination (Front cut + Roundhouse kick)
2. Counter back kick drill (Trapping style):
Set up opponent to take one step back & counter at open stance
Take one full step in and lead opponent to react above way, then same foot step back to be lined w/the other foot and execute the back kick
Drill: Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

Basics and Forms Week

Basics

Stance: Tiger stance

Hand techniques: Scissors block, Side punch, Crossing block, Knee strike, Inner forearm outside block

Kicks: Whip & Round combined kick, Jump turning back (stationary and while retreating)

Form

Tae Geuk Chil Jhang

Testing Requirements
Sparring Full safety gear Friendly contact Combinations
Form Tae Geuk Chil Jhang
Self Defense 1-6 techniques
Breaking Jump turning back kick
Knowledge Basic Principles of Kee Energy Significance of Tae Geuk Chil Jhang

Self-Defense Week

One Step Self-Defense

1-6 techniques

Self-Defense

- Other techniques: Sweeping, Waist toss
- Falling techniques (Jump-front fall, Back fall, Side fall)

Knowledge and Power Training Week

Breaking

- Jump turning back 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.***

Red Belt (2nd Kub) Study Guide

Basic Principles of Kee Energy

Kee (energy) exists in the Universe. The whole Universe is composed of Kee (energy). The whole process of its creation, growth and decay is manipulated by the, harmony and principle of the Um & Yang.

In order to have a healthy body and mind, people need to gather vital Kee (energy) through effective methods of breathing. Using the nose for inhaling and exhaling is best recommended. The most beneficial way to breath is deeper, longer, gentler, quieter and smoother. Avoid chest breathing and practice abdominal breathing, which is the natural resting breath for human beings (like a newborn baby).

Abdominal conditioning is a necessary training regime in Korean Martial Arts. The lower abdomen, the life and energy source of the human body, is conditioned and strengthened by the combined effort of both external muscle exercise and the internal exercise of effective breathing.

Kee (energy) must be directed to the striking point and focused in the abdomen, while totally relaxing the rest of the body. This is the way that power is generated. Kee (energy) will flow more actively in a completely relaxed state and will ultimately contribute to greater flexibility, speed, quick reaction, increased endurance and power.

True happiness and better health begins by loving one's self, taking care of one's body through physical exercise, like Tae Kwon-Do, proper nutrition and Kee (energy) training.

When a person has achieved happiness, he or she will positively influence harmony in one's family and society and contribute to national and international peace.

Tae Geuk 7-Jhang

Represents **KAN**, it means clean cut or stopping action. 25 pooms)