

Red Belt

Techniques

- Apgoobi Ro Momtong Giroogi - Walking Stance Punch
- Joochoomsae Momtong Giroogi - Horse Stance Punch
- Arae Makgi - Down Block
- Olgool Makgi - Face Block
- Sonal-Chigi - Open Hand Strike to Upper Body
- Sonal Momtong-Makgi - Double Open Hand Middle Block
- Sonal Arae-Makgi - Double Open Hand Down Block
- Apchagi - Front Kick
- Bichagi Retract - 45 degree angle kick mid section
- Dolgae Chagi - 45 degree spinning kick
- Edan Bichagi - Skip in, front leg Bichagi
- Naraechagi – Double Bichagi
- Yopchagi – Sidekick
- Dwichagi - Back Kick
- Dwichagi BartauxChagi (“Padeauchagi”) - Counter Back Kick
- Dolyochagi - 60 degree Kick to upper body
- Bandalchagi - Crescent Kick, Inside and Out
- Naeryochagi - Rear & Front leg Drop Kick
- Whechook Chagi - Spin Hook Kick
- Momtong An-Makgi - Inside Middle Block
- Momtong Bakat-Makgi - Outside Middle Block

Terminology

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| • Chareut – Attention | • Kalyeo - Break |
| • Kyunge - Bow | • Kaesock - Continue |
| • Anjo - Sit down | • Kuman - End Fight |
| • Kamsahumnida - Thank You | • Dwiro Dora - Turn Around |
| • Dobok - Uniform | • Tae - Kick |
| • Dojang - Training Place | • Kwon - Punch |
| • Shio - Relax | • Do - way we choose to live our lives |
| • Joonbi - Ready Position | • Sabumnim - Teacher/ Instructor |
| • Sijack – Begin | • Jwawoohyangwoo - Face About |
| • Hana, Yol, Smul, Sarune, Maheun, Shin, Yaseun, Iruen, Yoduen - Counting to Eighty | |

Forms

- Taeguek - #1, #4, #8

Sparring

- Fighting two 2 minute rounds using advanced techniques
- Tournament experience a definite asset.

Board Breaking

- 3 sequences of 3 breaks with “power break” included.

Academic

- Provide report card showing good academic standing.
- Essay about both of the following subjects (length 4 pages double-spaced with cover page for children, 4 pages single space for adults):
 - What is “The Master Way”?
 - How can I be a good example of “The Master Way”?