

# Red Belt

## Examination requirements

3 of 3

### Belt Concept: Enthusiasm and Attitude

#### RED STRIPE

##### A. Technical 7 Count Hook, Round, SideKick

1. Hook kick fold (just like side kick chamber)
2. Hook kick snap to round kick fold position
3. Round kick snap and refold
4. Side kick fold
5. Side kick lock and hold
6. Side kick re-fold
7. Foot down

#### BLUE STRIPE

##### B. Combinations

1. Offensive reverse crescent kick, back punch, back leg round kick, back punch
2. Offensive front leg side kick, same leg jumping front side kick, back punch
3. Offensive jump back leg round kick, reverse hook kick, back ridge hand

#### YELLOW STRIPE

##### C. "Pyung-wa" form meaning "Peace"

#### Green Stripe

##### D. Sparring Drills

1. Sliding side kick to the body, round kick to head, back fist head level body punch
2. Sliding hook/round, back fist head level, body back punch
3. Sliding pump side kick to body, re-chamber, follow with front axe or hook kick

Note: **Minimum 40 lessons**

30 second speech on "What Tae Kwon Do has done for me"

All previous belt requirements