

RED BELT

I. POOMSE: Taegeuk 8 – Tae geuk pal jang

And also Basic Form #1 & Taegeuk 1, 2 & 3
Forms for White, Yellow, Orange and Green Belt

II. KOREAN TERMINOLOGY: (4-6yrs Line 1 Only)

Line 1: Continue (Geh Sok) Breaking (kyuk pa) Falling techniques (nak bup)

Line 2: Pre-warning (Joo we) Warning (kyung Go) Minus point (kam jum)

III. PHILOSOPHY: (4-6yrs Line 1 & 2 Only)

1. What is meaning of Red belt?

The Red Belt represents the sun – its brightness and energy – and the physical acts of the individual SIR!

2. What will be required from you as a Jr. Black Belt?

As a Jr. Black Belt I promise to be loyal to my Grandmaster and my dojang. I will set a standard of loyalty and excellence for all belt colors to follow. As a Jr. Black Belt I will commit my time and skills to help all lower belts and my Masters and Instructors SIR!

3. What does WTF stand for?

In 1973 the World Taekwondo Federation was formed in South Korea. The WTF is the International Federation member of the International Olympic Committee for the sport of Taekwondo. We are part of the World Taekwondo Federation SIR!

4. What is the history of your Taekwondo school?

Grandmaster Young In Cheon has been practicing Taekwondo for over 40 years. He was taught by his Grandmaster Kim Hyuk Jong in Kunsan, Korea. Grandmaster Cheon established the first Taekwondo school in Diamond Bar in 1991 and now owns two schools SIR!

IV. BREAKING:

4-way kicking:

Punch – stepping side kick – back kick – spinning hook kick

V. SPARRING:

One on One sparring. Two on One sparring.