

# Red Belt 1<sup>st</sup> Star Promotion Exam Contents

- ❖ Students must take a minimum of 32 classes in 4 months to be eligible for promotion to the next level.

<b>Hapkido Steps</b>	Hapkido steps #1 – #10 with outside block
<b>Poomse # 5</b> Tae geuk Oh Jahng (Adults only)	The fifth TKD form coordinates scissor blocks, back-fist strikes and elbow strikes through 20 movements. Poomse # 5: This form represents the wind, meaning both a mighty force and calmness according to its strengths and weaknesses. ✓ Key point: Learn and practice how to use a back-fist strike and scissor block.
<b>Level Kick</b> (Reverse spin jumping turning kick)	Students will learn and be able to perform “ <b>Reverse Spin &amp; Jumping Turning Kick</b> ”— (Dwi Ro Dolah Dolgae Chagi). ✓ Key point: Reversely turn, keep the knee up to belt level then jump and kick ✓ Do not step to sideways, it decreases accuracy and throws off your balance. ✓ Shape of the kick should look like a tornado circle motion.
<b>Combinations</b>	Reverse spinning and jumping front turning kick, back roundhouse hook kick. ✓ Key point: do not stay out of range of target after first kick is complete.
<b>Sparring Steps</b> ( # 15 & # 16 )	The intermediate TKD sparring steps help students build great agility and focus. The purpose of these steps is to learn advanced feinting motion towards the opponent, and advanced avoidance skills and counter attacks. ✓ Key point: Raise the knee up to belt level and down and stay focused on the opponent. # 15: The rear foot pushes right behind front foot meanwhile the front knee comes up and advances forward a step with a “Kihap”. # 16: Same movement but backward with a “Kihap”.
<b>Breaking</b>	Reverse spin jumping turning kick ✓ Key point: Take a deep breath, inhale and exhale, stay focused on the target and then strike right in the middle with a loud “Kihap” ✓ Relax your leg and shoulder entirely when you are in the ready position.
<b>One Step Self-Defense (Adults Only)</b>	# 14
<b>Speech</b> ( Required written essay) <b>Children only</b>	We emphasize that TKD training is not just punches and kicks, it is more about building positive character, writing an essay in their own words and reciting their speech in front an audience is one of the best ways to build their leadership skills, character and confidence. Key point: Please do not write an essay for your child, you can help them with spelling and sentence structure only. <b><u>We do not need to know the Parents essay skills.</u></b> <b>Children:</b> What is positive about TKD?
<b>Terminology &amp; Words</b>	<b>Jhi ru gi:</b> means “Punch” in general.