

Red Belt 2nd Star Promotion Exam Contents

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

Hapkido Steps	Hapkido steps 1-10 with inside block. <ul style="list-style-type: none"> ✓ Key point: Backward diagonal steps and straight steps. ✓ Pay close attention on the pivot point to prevent possible knee and/or ankle injury.
Poomse # 6 Tae geuk Yook Jahng (Adults only)	The sixth TKD form coordinates double knife-hand block, high front turning kick and middle palm press block through 19 movements. Poomse # 6: This form represents water, meaning incessant flowing and softness. <ul style="list-style-type: none"> ✓ Key point: Mastering how to use double knife-hand block, middle palm press block ✓ And high front turning kick
Level Kick (Out to in crescent kick)	Students will learn and be able to perform “ Out to In Crescent Kick ”—(Ahnuro Kkuckuh huryo Chagi). <ul style="list-style-type: none"> ✓ Key point: Kick with inner bottom of the foot, bend the knee in a shape angle as kick is being made. ✓ Do not step to sideways, it will decrease accuracy and throw off your balance.
Combinations	Out to in crescent kick spin and jumping inside crescent kick. <ul style="list-style-type: none"> ✓ Key point: Do not stay out of range of the target after kick is complete
Sparring Steps (# 17 & # 18)	It is the intermediate TKD sparring steps that help students to build great agility and focus. The purpose of these steps is to learn an advanced feinting motion to the opponent, and advanced counter attack. <ul style="list-style-type: none"> ✓ Key point: Stay focused on the opponent while feet lightly contact the floor. # 17: Without shifting your shoulders, just swiftly switch both feet with “Kihap”. # 18: Shifting both shoulders as step is being made with “ Kihap”
Breaking	Crescent 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” <ul style="list-style-type: none"> ✓ Relax your leg and shoulder entirely when you are in ready position.
One Step Self-Defense (Adults only)	# 15
Speech (Required written essay) Children only	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. <u>We do not need to know the Parents essay skills.</u> Children: Why is it important to EARN your belts?
Terminology & Words	Chi gi: means “Strike” in general.