

# Red Belt 3<sup>rd</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 combination steps
<b>Poomse # 6</b> 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"> <li>✓ Key point: Mastering how to use double knife-hand block, middle palm press block</li> <li>✓ And high front turning kick</li> </ul>
<b>Level Kick</b> (Nahrae Chagi)	Students will learn and be able to perform “ <b>Nahrae Chagi</b> ”(Double Jumping Front Turning Kick) <ul style="list-style-type: none"> <li>✓ Key point: Throw kicks one after the other in the air.</li> <li>✓ Light contact on initial kick, heavy contact on second kick.</li> </ul>
<b>Combinations</b>	Nahrae chagi, front turning kick and back roundhouse hook kick. <ul style="list-style-type: none"> <li>✓ Key point: Do not stay out of range of the target after the kick is complete</li> </ul>
<b>Sparring Steps</b> ( # 19 & # 20 )	It is the intermediate TKD sparring steps that help students to build great agility and focus. The purpose of these steps is to learn advanced feinting motion to the opponent, and advanced counter attack. <ul style="list-style-type: none"> <li>✓ Key point: Stay focused on the opponent while feet lightly contact the floor.</li> </ul> # 19: Without shifting a shoulder, just swiftly retreat both feet backward with “Kihap”. # 20: Without shifting a shoulder, just cross your legs with each other with a “Kihap”.
<b>Breaking</b>	Step forward 360 jumping back kick
<b>One Step Self-Defense</b> (Adults only)	# 16
<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. <b><u>We do not need to know the Parents essay skills.</u></b> <b>Children:</b> What is the coolest thing about our instructors?
<b>Terminology &amp; Words</b>	<b>Cchireugi</b> : means “Poke” in general.