

# Red Belt Promotion Exam Contents

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

<b>Hap Ki Do</b>	Hapkido steps 1-10 with no blocking
<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> (Step forward spin jumping turning kick)	Students will learn and be able to perform “ <b>Step Forward &amp; Spinning Jumping Turning Kick</b> ”—(Dolgae Chagi). ✓ Key point: Rear foot steps forward and turns, keep the knee up to belt level then jump and kick ✓ Do not step sideways, it will decrease accuracy throw off your balance. ✓ Shape of the kick should look like a tornado circle movement.
<b>Combinations</b>	Step forward and spinning jumping front turning kick, back roundhouse hook kick. ✓ Key Point: do not stay out of range of the target after the first kick is complete.
<b>Sparring Steps</b> ( # 13 & # 14 )	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: Turning motion with bent knees and stay focused on the opponent. # 13: Rear foot turns towards the front first and then the other foot turns reversely towards the front (#3 and #10 steps) with a “Kihap”. # 14: (A) Rear foot moves diagonally forward, and front foot moves diagonally backwards. (B)Switching step as move backward in diagonal shape with a “Kihap”
<b>Breaking</b>	Step forward spin jump turning kick
<b>One Step Self-Defense (Adults Only)</b>	# 13
<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> How to become an excellent student at school and how to keep my good grades?
<b>Terminology &amp; Words</b>	<b>Marhk gi:</b> means “Block” in general.