

RED BELT REQUIREMENTS

STANCES	X STANCE			
BLOCKS	PALM HEEL BLOCK			
PUNCHES/STRIKES	THROAT STRIKE	ELBOW #7	ELBOW # 8	
KICKS	JUMP SPINNING HOOK KICK	SPINNING LEG SWEEP	AXE KICK	SCISSOR KICK
STRIKE DEFENSE	<i>*SEE DEFENSE SHEET</i>			
GRAB DEFENSE	<i>*SEE DEFENSE SHEET</i>			
TAKEDOWNS	MONKEY FLIP			
GROUND ESCAPE	GUILLOTINE ESCAPE			
WEAPON DEFENSE	KNIFE TO THROAT FRONT		KNIFE TO SIDE OF HEAD	
SPARRING	SPARRING WITH TAKEDOWNS AND GROUND & POUND			
FORM	RED BELT FORM 1 TAEGEUK CHIL JANG		RED BELT FORM 2 TAEGUEK PAL JANG	

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