

# BELT REQUIREMENT

## RED TO RED/BLACK

QUESTIONS	ANSWERS
DISCIPLINE	
HONOR	
RESPECT	
MODESTY	
PERSEVERANCE	
COURAGE	
FOCUS	
SCHOOL RULE # 10	

CATEGORY	TECHNIQUE
PROPER PUSHUPS	50
STANCES	JUN BI, CHA RYUT, HORSE STANCE, FRONT STANCE, FIGHTING STANCE, WALKING STANCE, BACK STANCE X STANCE, CAT STANCE, <b>SIDE STANCE</b>
PUNCHES	JAB, REVERSE, HAMMER, ELBOW STRIKES 1-7, PALM, KNIFEHAND CHOP, KNIFEHAND STRIKE, ELBOW SMASH BACKFIST, UNDERCUT, RIDGEHAND STRIKE, SPINNING BACKFIST, HOOK PUNCH, UPPERCUT, <b>THROAT STRIKE</b>
BLOCKS	DOUBLE OUTSIDE BLOCK, HIGH BLOCK, LOW BLOCK, INSIDE BLOCK, OUTSIDE BLOCK, BASIC KNIFEHAND BLOCKS DOUBLE KNIFEHAND BLOCKS, SCISSOR BLOCK, HIGH X BLOCK, LOW X BLOCK, <b>ALL PARRIES</b>
KICKS	WHITE BELT, YELLOW BELT, PURPLE BELT, ORANGE BELT, GREEN BELT, BLUE BELT, BROWN BELT, <b>AXE KICK, CHARGING HOOK KICK, SPINNING LEG SWEEP, SCISSOR KICK</b>
SELF-DEFENSE	WHITE, YELLOW, PURPLE, ORANGE, GREEN, BLUE, BROWN, <b>RED BELT STRIKE DEFENSE # 1-4</b> <b>GRAB DEFENSE OF THE MONTH</b>
FORMS	WHITE BELT, YELLOW BELT, PURPLE BELT, ORANGE BELT, GREEN BELT, BLUE BELT, BROWN BELT, RED # 1 <b>TAEGUEK PAL JANG</b>

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