

Brown Belt/ 3rd Gub

Philosophies and Requirements

Meaning of Belt:

Represents the symbol of **MOUNTAIN TOP**. Mountains demonstrate stability, strength, and endurance. Fast action has its place, but you should never act too hastily, know when to press on, but even more importantly, know when to stop!

Requirements for Testing to Red Belt:

0. Poomse (Form): Tae Kug 7 (Chil) Jang – 19 movements

0. Techniques: (Including all prior ranking techniques already listed)

- Stance – Tiger (Cat) Stance
- Hand techniques – Reverse Knife-hand Strike
- Blocks – X-High and Low Block
Palm Pressing Block (Wedging Block)
- Kicks – Turning Backward Roundhouse Kick, Jump Side Kick
- Foot Skills – Step and Slide Backward coordination
- Basic Movement – Number 1 to Number 36
- Combination Skills – All Basic Kicks with step or slide Backward
Turning Round House Kick with Balance
Combination Foot skills on fighting Stance
- Rolling Method – Run/ Jump and Rolling

0. Breaking: Turning R/H Kick and Jump side Kick

0. Sparring: Demonstrate 15 good Sparring techniques
Demonstrate Return Kick
Do not miss Block

0. Terminology: (Including all prior ranking techniques already listed)

- Beginner – Cho Gub Ja
- Black Belt – Yu Dan Ja
- Korean Natial Martial Art – Kuk Ki Tae Kwon Do
- Basic Exercise – Ki Bon Un Dong
- Basic Movement – Ki Bon Dong Jack
- Knife-hand Strike to Neck – Son Nal Mok Chi Gi

Chun Ma Tae Kwon Do Academy

Application for promotion to **Red Belt (2nd Gub)**

Name: _____ Age: _____ Birth Date: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Last Promotion: ____ / ____ / ____ Test Fee: \$70 Paid: _____

If at any time I violate any of the following three (3) rules and regulations governing Chun Ma Tae Kwon Do Academy, Inc., I hereby agree that the Chun Ma Tae Kwon Do Academy Reserves the right to suspend my rank or status:

0. The purpose of the martial arts is to improve both mental and physical health and all members must uphold and protect the honor and prestige of the Martial Arts.
1. Members are forbidden to use Martial Art Techniques to provoke and challenge innocent persons, and such use will make offending members subject to disciplinary action.
2. That the Chun Ma Tae Kwon Do Academy is the sole and only judge of my qualifications and achievement in the Martial Arts.

I will accept any grade or belt rendered by the school and federation with complete satisfaction, neither demanding nor protesting for a higher grade or belt.

*** () *Please, mark here if you want grade sheet after test. If not, leave blank.* ***

Date: ____ / ____ / ____ Applicant's Signature: _____

Parent's or Guardian's Signature: _____

(If applicant is under 18 years old)

CATEGORY	Grade	Comments
B. Movement		
Poomse		
Hand Skills		
Kick Skills		
1 – T – L – S		
Sparring		
Breaking		
Terminology		
Endurance		
Speed Kick		

Written Test

Red Belt (2nd Gub)

Must be completed before student receives belt

Terminology:

Please Write the Korean Word for the following:

Beginner: _____

Black Belt: _____

Korean national Martial Art: _____

Basic Movement: _____

Basic Exercise: _____

Knife Hand Strike to Neck: _____

Personal Growth:

Why do you always want to finish what you start? Perseverance.

Parents (Spouses) Turn:

What Improvements have you seen in your child/spouse since their last promotion test? In what areas?

In what Areas would you like to see more improvement?

Space for additional comments (Students/Parents/Spouse):