

Red Belt/ 2nd Gub

Philosophies and Requirements

Meaning of Belt:

Represents the symbol of **EARTH**, which represents the source of life. Earth is always wordless, and it embraces all forms of life giving them limitless energy. We draw on the earth's resources, and should therefore respect it and give it thanks.

Requirements for Testing to Red & Black Belt:

0. Poomse (Form): Tae Kug 8 (Pal) Jang – 27movements

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

- Stance – Tiger Stance
- Hand techniques – Side Punch, Over the shoulder Punch
- Blocks – Single Mountain Block
- Kicks – Turning Forward Roundhouse Kick
- Foot Skills – Side Step and Slide
- Basic Movement – Number 1 to Number 36
- Combination Skills – All Basic and intermediate Hand and Kick Skills
All Advance Kicks
- Rolling Method – Run and Rolling and side Breakfall

0. Breaking: Round house kick and Turning Round house kick Breaking

0. Sparring: Demonstrate 20 good Sparring techniques

Demonstrate Return Kick
Perfect Block in Sparring

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

- Explain the Tenets of Tae Kwon Do
 - 1) Courtesy - Ye Ui
 - 2) Humility – Gum Son
 - 3) Integrity (Honest) – Jung Jik
 - 4) Perseverance – In Nae
 - 5) Self-control – Jah Jeh
 - 6) Indomitable Sprit – Back Jeol Bul Gul
- Loyalty – Chung Sung

Chun Ma Tae Kwon Do Academy

Application for promotion to **Red** & Black Belt (1st 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 & Black Belt (1st Gub)

Must be completed before student receives belt

Terminology:

Please Explain the Tenets of Tae Kwon Do:

Courtesy: _____

Humility: _____

Integrity (Honest): _____

Perseverance: _____

Self-Control: _____

Indomitable Sprit: _____

Loyalty: _____

Personal Growth:

What is the Kuki-won?

Explain the tenets of Tae Kwon Do:

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):

