

# RED1

DANGER - The color of Blood - the essential life force. Maturity, Honor, and respect are exhibited

| STRIPES      | MEANING             | CURRICULUM   |
|--------------|---------------------|--|
| <b>RED</b>   | SPARRING            | Attend 2 sparring classes in 3 months ( see schedule for sparring class times)<br>Fake hook into a round |
| <b>WHITE</b> | SELF DEFENSE        | Partner with brown belts with their one steps for review   |
| <b>BLUE</b>  | FORMS               | Tae Guk 1) Yuk Jang 2) Chil Jang 3) Pal Jang 4) Chong Moo  |
| <b>BLACK</b> | KICKS               | break - Jump hook kick<br>step in jump back, jump hook, 360 turning back kick, jump crescent             |
| <b>GOLD</b>  | PAD DRILL           | Hold for Part 1&2 of CAMA PAD drill<br>Perform 1, 2, and 3 of CAMA Pad drill                             |
| <b>GREEN</b> | HOME HELP           | 20 acts of kindness  |
| <b>BROWN</b> | SEMINARS OR TOURNEY | Attend a tourney or seminar or a GJJ class   |

| TAE GUK PAL JANG                                      |          |   |
|---|----------|---|
| the 8th World TKD form. Pal Jang symbolizes the earth |          |   |
| MOVEMENT  | STANCE   | TECHNIQUE   |
| Step left foot forward                                | GUARDING | guarding block KIHAP                                |
| Shift L   | FRONT    | Reverse punch                                       |
| R Front kick / L jump front kick                      | FRONT    | Inside block - R Punch L punch                      |
| step R forward  | FRONT    | R punch KIHAP                                       |
| TURN L 270 - L foot behind                            | Long Bo  | Low block L / mountain block R                      |
| Shift L   | FRONT    | R upset punch                                       |
| Turn R 180 - step L cross R                           | LONG BO  | Low block R / mountain block L                      |
| Shift R   | FRONT    | L upset punch                                       |
| Turn R 90 - Move R to back                            | BACK     | Knife hand guard                                    |
| Shift L   | FRONT    | R reverse Punch                                     |
| Front kick R - step back                              | CAT      | L Downward Palm block                               |
| step L back   | CAT      | R Downward Palm block                               |
| Turn L 90   | CAT      | Knife hand guard                                    |
| L front kick  | FRONT    | Reverse punch                                       |
| left foot moves back                                  | CAT      | L Downward Palm block                               |
| turn R 180 - draw turn                                | CAT      | Knife hand guard                                    |
| R front kick  | FRONT    | reverse punch                                       |
| R foot moves back                                     | CAT      | R Downward Palm block                               |
| R turn 90 - R foot moves                              | BACK     | Reinforced Low block - R reinforcing palm is up     |
| L front kick / R jump Front kick                      | FRONT    | R inside block - L punch R punch                    |
| L foot moves behind- turn 270                         | BACK     | Single knife hand block                             |
| R foot shifts   | FRONT    | R elbow / R downward Backfist / L Reverse punch     |
| Draw turn 180 L foot to R -R steps out                | BACK     | Single knife hand block                             |
| RIGHT foot shifts                                     | FRONT    | L elbow / Left downward back fist / R Reverse punch |
| left foot moves                                       | joon bi  |   |

## PHRASES

|                         |                                   |
|-------------------------|-----------------------------------|
| bow to the instructor - | <i>kyo sah nim - kae kunyae</i>   |
| bow to the master       | <i>sah bum nim- kae - kunyae</i>  |
| BOW TO grand master     | <i>kwan jang nim - kae kunyae</i> |
| round (roundhouse) kick | <i>dolrya chagi</i>               |
| back kick               | <i>dwi chagi</i>                  |
| front kick              | <i>ahp chagi</i>                  |

## RED1 BELT

18 classes

the stripe on the second side means you are testing ready

Belt fee \$40