

Promotion to Red Stripe – 3rd Kup

- **Warm up**
 - Sprint on the spot
 - 30 press ups
 - 30 sit ups
 - 30 jumping jacks
 - 20 squat thrusts
- **Traditional line work**
 - L stance - middle punch
 - Walking stance - twin upset punch
 - Walking stance - X-fist rising block
 - Rear foot stance - obverse upwards palm heel block
 - Forearm guarding block in L stance to pressing block in walking stance
 - Turning kick to reverse turning kick - forearm guarding block in L stance
- **Patterns** Up to and including Joong-Gun.
- **Freestyle line work**
 - Obverse punch – superman punch
 - Rear push front kick – double punch
 - Step over jump back
 - Double turning kick – reverse punch
 - Reverse punch – reverse ridgehand – lead leg turning kick – hopping backfist
- **Set sparring**
 - Three step semi free sparring
 - Three step sparring numbers 1 to 7
 - Two step number 1 & 2
 - One step sparring
- **Bag Work**
 - Jump back kicks
- **Pad work**
 - Pad drill 1 & 3 (right and left side)
 - Pad drill 4 (right side only)
- **Sparring**
 - Free sparring
- **Self defence**
 - Single hand grab to lapel with hook punch
 - Mid-section lunge with knife (thrust attack)
 - All previous self defence techniques to be included
- **Theory**
 - All theory to be learnt on the reverse of this document

PROMOTION TO RED STRIPE

1. **What is the meaning of red belt?**
Please see below.
2. **How many movements are there in pattern Joong-Gun and what is its meaning?**
Please see below

MEANING OF BELT COLOURS

RED Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Joong -Gun Tul (32 movements)

Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr Ahn's age when he was executed at Lui-Shung prison in 1910.

