



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**
Jab – superman punch
Rear push front kick – double punch
Step over jump back
Double turning kick – spinning back fist
Rear uppercut – hook punch - cross
- **Set sparring**
Three step semi free sparring
Three step sparring numbers 1 to 7
Two step number 1 & 2
One step sparring
- **Bag Work**
Bag work – jump back kicks 10 each leg
- **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. **Why do we perform a U shape block?**
To defend against a stick attack.
2. **What is the angle on the arm for a middle inner forearm block?**
90°.
3. **What is the angle on the arm for a rising block?**
45°.
4. **What is the meaning of red belt?**
Please see below.
5. **How many movements are there in pattern Joong-Gun and what is its meaning?**
Please see below
6. **Why do we learn one step sparring?**
One step sparring helps us with timings, speed, focus but the main importance is to allow us to use our Tae Kwon Do techniques more realistic in a real situation.
7. **What are the main neck/torso muscles called?**
Sternocleidomastoid - front of head. Runs from behind the ear to the center of the collarbone.
Platysma - spreads from the chin to cover the whole collarbone.
Trapezius (traps) - supports the head and neck from behind. Located on either side of the neck and attaches to the base of the skull, and are very large, extending half way down the back on either side of the body. Main muscles used in lifting the shoulders.

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.

To be learnt when you are a blue belt, 4th Kup.