

Promotion to Red Belt – 2nd 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
 - Sitting stance – W shape block
 - Walking stance – reverse upset fingertip thrust
- **Patterns** Up to and including Toi-Gye.
- **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
 - Lead leg scissor jump axe kick
 - Step through side kick – step through hook kick (same leg)
- **Set sparring**
 - Three step semi free sparring
 - Three step sparring numbers 1 to 8
 - Two step number 1 to 3
 - One step sparring
- **Bag Work**
 - Jump front kicks, front kicks, turning kicks, side kicks, back kicks, jump back kicks
- **Pad work**
 - Pad drill 1 to 4 (right and left side)
- **Sparring**
 - Free sparring
- **Self defence**
 - Side double handed choke
 - Downward knife attack to neck (inward with reverse grip)
 - All previous self defence techniques to be included
- **Power test**
 - Hand destruction - student choice technique
 - Kick destruction - student choice technique

PROMOTION TO RED BELT

1. **What is the meaning of red belt?**

Please see below.

2. **How many movements are there in pattern Toi - Gye 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.

Toi - Gye Tul (37 movements)

Toi - Gye is the pen name of the noted scholar Yi Hwang (16th century) an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37 degree latitude, the diagram represents "scholar".

To be learnt when you are a red stripe, 3rd Kup.

