

## Promotion to Red Stripe – 3<sup>rd</sup> 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
  - Rear foot stance - obverse upwards palm heel block
  - Walking stance - back leg side kick, double forearm block
  - Walking stance - X-fist pressing block to twin vertical punch
  - Sitting stance - W-shape block
  - Walking stance - reverse upset fingertip thrust
- **Patterns**
  - Up to and including Joong-Gun
- **Freestyle Line Work**
  - Back fist, ridgehand
  - Lead leg turning kick, side kick, followed by back kick combination
  - Switch stance axe kick, double punch
  - Outward to inward crescent kick, spin crescent kick
  - Jump back kick
- **Set Sparring**
  - Three step semi-free sparring
  - Three step sparring numbers 1 to 7
  - Two step number 1
  - One step sparring
- **Self Defence**
  - Single hand grab to lapel with hook punch
  - Mid-section lunge with knife (thrust attack)
- **Pad Work**
  - Pad drills 1 to 4 (right & left side)
- **Bag Work**
  - Jump front kicks
  - Jump side kicks
  - Jump turning kicks
  - Jump back kicks
- **Sparring**
  - Free sparring
- **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.

To be learnt when you are a blue belt, 4<sup>th</sup> Kup.

