

PROMOTION TO RED BELT (2ND KUP)

Warm up

- Spot sprints
- 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
- Walking stance – reverse upset fingertip thrust
- Sitting stance – w-shape block

Patterns

- Up to and including Toi-Gye

Freestyle Line Work

- Back fist – ridgehand
- Lead leg turning kick-side kick – back kick combination
- Switch stance axe kick – double punch
- Outward to inward crescent kick – spin crescent kick
- Jump back kick

Set Sparring

- One step sparring
- Two step sparring (1 & 2)
- Three step sparring (1 – 8)
- Three step semi-free sparring

Self Defence

- Side double handed choke
- Head lock
- Downward knife attack to neck (inward with reverse grip)
- All previous self-defence

Pad Drills

- 1, 2, 3, 4 (right & left side)

Kicking Technique

- Front, side, turning, back kicks (both regular and jump variations)

Sparring

- Free sparring

Power Test

- Hand destruction – elbow strike
- Kick destruction – step through side kick

Theory

- All theory to be learnt on the reverse of this document

PROMOTION TO RED BELT (2ND KUP)

1. **What is the ready position on Joong-Gun and Toi-Gye called?**
Closed Ready Stance B.
2. **What is the purpose of a w-shape block?**
To defend against two simultaneous high-section attacks.
3. **What does it mean to have an "Indomitable Spirit"?**
To have a spirit that cannot be dominated or conquered by adversity. It is an inner strength and resilience that prevents any form of obstacle deterring you or stopping you from achieving your goals.
4. **What is the meaning of red belt?**
Please see below.
5. **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.