

REQUIREMENTS NEEDED FOR RED 1ST BELT EXAM

TEXT:

1. Tenets
2. Pledge
3. Counting 1-70 in Korean
4. Definition of Poomse
5. School rules 1-13
6. Home rules 1-13
7. Meaning of all your forms
8. Student creed
9. Ethical rules
10. Meaning of tenets
11. Definition of Tae-Kwon-Do
12. Student oath
13. Composition of Tae-Kwon-Do
14. Essence of Tae-Kwon-Do
15. Theory of Power
16. Power formula

FORMS:

Kicho
Taegeuk 1 (Il Chang) – (Heaven)
Taegeuk 2 (Yi Chang) – (Joy)
Taegeuk 3 (Sam Chang) – (Fire)
Taegeuk 4 (Sa Chang) – (Thunder)
Taegeuk 5 (Oh Chang) – (Wind)
Taegeuk 6 (Yook Chang) – (Water)

SELF-DEFENSE:

3-step sparring 1-5
New self-defense 1-30

BREAK:

Reverse turning kick

Report:

3 pages for ages 16 and over
1 pages for ages 15 and under
Topic to be decided at promotion
Reports are due one week after test

TESTING FEES:

\$55.00

HOURS NEEDED TO PROMOTE: 45