

NAME: _____

RED Belt Curriculum

You Must Know & Understand

Your Form: Taekguk 7 (CHIL JANG)

Half Part

Your Kick: Round kick Round kick
turning hook Kick

Your Breaking: turning hook Kick

Sparring: Fastkick, Turn Hook kick, Turn Hook kick, Roundkick

Your Stances:

Tiger Stance Riding Horse stance

*Refer to White-Brown Belt

Your Basic Hand techniques:

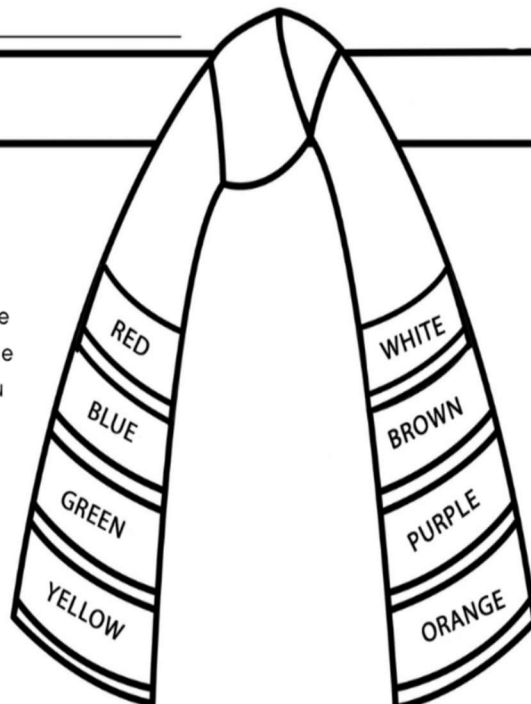
Double knife hand low block

EAGLE TAEKWONDO

Name: _____

Color your belt color.
Color in your stripes when
the instructor says you have
earned it during class. Once
all stripes are colored, you
may schedule for testing.

What color is your belt now?



STRIPES CHECKLIST

- RED- FORMS
- BLUE- SPARRING
- GREEN - BREAKING
- YELLOW- KICKING
- WHITE - CHALLENGE
- BROWN- KNOWLEDGE
- PURPLE- PERFORMANCE
- ORANGE - FITNESS



QUESTIONS

Turn Hook kick, Roundkick

Low Block **AHRE MAKI** Middle Punch **MOMTONG JIREUGI**

High Block **EOLGUL MAKI** High Punch **EOLGUL JIREUGI**

Front Kick **AHP CHA GI** Round Kick **DOLRYO CHA GI**

Side Kick **YUP CHA GI** Down Kick **NAE RYEO CHA GI**

Back Kick **DWI CHA GI** Back Swing Kick **DWI DOLRYO CHA GI**

Must Know **Spirit of Tae Kwon Do**

Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit ma'am/sir!

3 RULES OF CONCENTRATION FOCUS YOUR EYES, FOCUS YOUR MIND, FOCUS YOUR BODY

Must be able to Recite EAGLE TKD's STUDENT OATH

1. I shall observe the spirit of taekwondo
2. I shall respect the instructors and seniors
3. I shall never misuse Tae kwon Do
4. I shall be a champion of freedom and justice
5. I shall build a more peaceful world

What is ABC's Conflict Resolution?

A-Avoid potentially dangerous situation;

B-Be calm and breathe;

C-Communicate with confidence;

D-Don't make the situation worse by arguing or fighting



Written Test

Red Belt Testing Red-High Belt

Who is your role model other than your parents? (Who do you look up to?) Why?

What does leadership mean to you?

(Answer must be a minimum of 100 words on separate piece of paper and turn it in to Master/Instructor)