

Montgomery TaeKwonDo Academy

RED BELT Stripe Requirements

1st Stripe:

1. Eight movements of Chung-Moo, without assistance
2. Explain the meaning of Red Belt
3. Good Attendance
4. Consistent Effort

2nd Stripe:

1. Eighteen movements of the form, without assistance
2. All required knowledge of Chung-Moo
3. Good Attendance
4. Consistent Effort

3rd Stripe:

1. All Thirty movements of the form, without assistance
2. Demonstrate Do-Sun (*Senior Yellow Belt Form*) and required knowledge
3. Good Attendance
4. Consistent Effort

4th Stripe:

1. Self Defense 1 – 3 (*For Juniors*) 1 – 4 (*For Adults*)
2. Demonstrate a Tornado Kick
4. Good Attendance
5. Consistent Effort

5th Stripe:

1. Board Braking Choices: Jump Front Kick, Jump Side Kick, Ridge Hand (*Demonstrate One Hand Technique and One Kick*)
2. Good Attendance
3. Consistent Effort

To Earn a SENIOR RED BELT:

Students must be able to perform all skills listed above upon request.

Minimum of 72 Classes.

Positive Attitude towards fellow students and instructors.

Students must achieve personal best at this level.

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RED BELT Study Guide

Red Belt:

Form: Chung-Moo

Meaning of Chung-Moo: CHUNG-MOO was the name given to the great Korean naval leader Admiral Yi Soon-shin of the Joseon Dynasty. He was reputed to have invented the first armoured battleship (Kobukson, or "turtle ship") in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death during the battle of Noryang Point in 1598, where he fought against the Japanese.

Number of Movements: 30

Red Belt represents, Danger! A red belt knows all of the techniques of a black belt, but is dangerous because he/she lacks the control of a black belt.