

2nd and 1st Gup (Red Belt)

What does my belt represent?

- **Red** represents blood, life, energy, attention and control. The students' power and techniques begin to bloom and ripen.

Physical / Spirit test

At examiners discretion – be prepared!

Techniques

Hands

At examiners discretion – 4 to 6 techniques, including reverse side blocks, simultaneous blocking techniques, multi-stances, forward and backwards line work.

Kicks

At examiners discretion to include jump kicks, front and rear legs, spinning kicks. Multi kicks on one leg.

Hand and Kick combinations

At examiners discretion to include blocks, strikes and kicks in one combination.

Forms/patterns (Hyungs):

2nd Gup – All forms up to Bassai

1st Gup – All forms up to Nianchi Cho Dan

Bong (Bo Staff)

One-steps:

2 Hands, Kicks and Self Defence

You could be required to perform lower grade one step techniques

Sparring:

Free sparring 1:1 and 2:1

Breaking

Any jump spinning kick

Juniors: Power kick on pad.

Theory

* Previous questions could be asked

2nd and 1st Gups will be given a written test when time permits or a verbal test to include:

Korean terminology, Tang Soo Do history and some technical questions and the meaning of red belt. Bo staff knowledge will also be tested.