

# Red Belt Test

## Punching

- Rear Hand Punch
- Double Punch
- Jab, Uppercut

## Basic Kicking

- Front Leg Snap Front Kick
- Front Leg Round Kick
- Back Leg Round Kick
- Front Leg Side Kick
- Front Leg Hook Kick
- Rear Leg Crescent Kick

## Combination Kicking

- Front Leg Side, Round (Scooting In)
- Back Leg Side, Turning Side

## Self Defense (Emergency and Release)

### CHOKES

- Two Hand Front \*Two Hand Back \*Rear Forearm \*Side Headlock

### WRIST GRABS

- Same Side \* Cross Side \*Two To One

### SHIRT GRABS

- Single Lapel \* Double Lapel \*Side Shoulder Grab

## One-Step Sparring

- Inside Block, Grab and Elbow
- Outside Round Kick, Grab and Knee, Double Elbow

## Traditional Form Movements

- Front Stance, Stepping Punch
- Double Knife Hand Block, Shift and Punch
- Thrust Front Kick, Front Stance, Punch

## Form

- Chung-Mu

## X-Rays

- Spinning Crescent
- Spinning Hook

## Kick- Punch Combination

- Double Round Kick, Double Punch, Back Leg Round Kick, Front Hand Ridge Hand

## Sparring

- 3 Rounds

## Projected Promotion Schedule:

50 to 72 lessons and 6 to 9 months of attendance, as well as an understanding of the techniques, are required for promotion!