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!