

Red Belt (3rd Grade)

Techniques

1. All lower belt techniques
2. W Shaped Block
3. Low Pressing Block with X Fists
4. Low Pushing Block
5. Back Fist/Low Block
6. Low Section Knife Hand Guarding
7. Upset Finger Tip Thrust
8. Twin Side Elbow
9. Head Grab Knee Strike
10. High Section Flat Finger Tip Thrust
11. Step Behind Reverse Turning Kick
12. Front Foot Reverse Turning Kick
13. Jumping Front Turning Kick to Side
14. Spin Reverse Crescent Kick
15. Front Turning/Hooking Kick

Board Breaking

1. Punch (children may do any hand technique)
2. Step behind side kick

Three Step Sparring

Review all lower belt combinations

18. Low pressing block with X fist with a twin vertical punch defense. (Walking = forward/back)
19. Low pushing block with head grab/knee strike defense. (L = forward/back)

One Step Self Defense

Review all lower belt combinations

22. Step left into left walking stance with right knife-hand block; right high-section side kick.
23. Jump left forward into sitting stance; left palm block; 1-2 punch; grab opponent's right shoulder with your right hand; right foot mid-section front turning kick; right high-section reverse turning kick; right foot sweep; right reverse punch with yell.
24. Jump forward left with mid-section right foot front turning kick.

Sparring Combinations

Review all lower belt combinations

25. Front Foot Reverse Turning Kick - Rear Leg Front Turning Kick Back Fist – Reverse Knife-hand
26. Spin Reverse Crescent Kick - Ax Kick - Double Punch
27. Front Foot Ax Kick - Rear Leg Turning Kick - Back Fist
28. Double Punch - Rear Leg Front Turning Kick - Same Leg Hook Kick

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Pattern

1. All lower belt patterns
2. Toi-Gye

Vocabulary

1. Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century) an authority on Neo-Confucianism. The 37 movements of this pattern refer to his birthplace on the 37th latitude. The diagram of the pattern (+ over -) represents scholar.
2. Red belt signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
3. Theory of power part five and part six.

What to expect from this belt:

By Red belt, students are well versed regarding overcoming struggles and obstacles related to Taekwon-Do. At this level, students continue to gain confidence and ability in their training and exhibit greater patience for the increasingly difficult techniques, patterns and combinations. Achieving Black Belt is no longer a step that appears far away; in fact, most students realize how close their first major Taekwon-Do achievement really is. *With regards to struggles at red belt level. For both children and adults, Self Control is likely the biggest area of difficulty. Specifically, the increased ability, that students have developed by this level, can sometimes cause aggressiveness and overconfidence in class and while working with partners. Some begin to feel as though they need to practice less and need to start making corrections for their peers in class. This is a tough dilemma because, by this level, students are assisting with lower belt classes and are given the opportunity to lead so it is hard to make the distinction between being an "Advanced" belt group leader and still being a student. The easiest way to maintain the balance between helping others and helping yourself is to remember humility; in other words we are all students and have something to learn from everyone and everything we experience. If classes are easy then use Integrity and push yourself by utilizing extra practice time and by asking for more in-depth explanations of techniques and drills. Learning the techniques and Tenets of Taekwon-Do is a lifelong process and can offer new challenges everyday.*

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Fifth part: Breath Control (Hohup Jojul):

Controlled breathing not only affects one's stamina and speed but can also condition a body to receive a blow and augment the power of a blow directed against an opponent. Through practice, breath stopped in the state of exhaling at the critical moment when a blow is landed against a pressure point on the body can prevent a loss of consciousness and stifle pain. A sharp exhaling of breath at the moment of impact and stopping the breath during the execution of a movement tense the abdomen to concentrate maximum effort on the delivery of the motion, while a slow inhaling helps the preparation of the next movement. An important rule to remember; never inhale while focusing a block or blow against an opponent. Not only will this impede movement but it will also result in a loss of power. Students should also practice disguised breathing to conceal any outward signs of fatigue. An experienced fighter will certainly press an attack when he realizes his opponent is on the point of exhaustion. One breath is required for one movement with the exception of a continuous motion.

Sixth Part: Equilibrium (Kyun Hyung):

Balance is of utmost importance in any type of athletics. In Taekwon-Do, it deserves special consideration. By keeping the body always in equilibrium, that is, well balanced, a blow is more effective and deadly. Conversely, the unbalanced one is easily toppled. The stance should always be stable yet flexible, for both offensive and defensive movements. Equilibrium is classified into both dynamic and static stability. They are so closely inter-related that the maximum force can only be produced when the static stability is maintained through dynamic stability. To maintain good equilibrium, the center of gravity of the stance must fall on a straight line midway between both legs when the body weight is distributed equally on both legs or in the center of the foot if it is necessary to concentrate the bulk of body weight on one foot. The center of gravity can be adjusted according to body weight. Flexibility and knee spring are also important in maintaining balance for both a quick attack and instant recovery. One additional point; the heel of the rear foot should never be off the ground at the point of impact. This is not only necessary for good balance but also to produce maximum power at the point of impact.

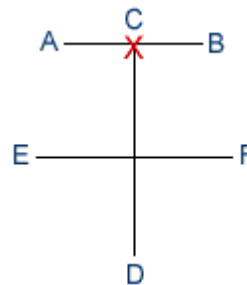
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Toi-Gye

Red/3rd Grade

Movements: 37

Ready Posture: Closed Ready Stance B



1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left inner forearm.
2. Execute a low thrust to B with the right upset fingertip while forming a left walking stance toward B, slipping the left foot to B.
3. Bring the left foot to the right foot to form a closed stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. Perform in slow motion.
4. Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm.
5. Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A.
6. Bring the right foot to the left foot to form a closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. Perform in slow motion.
7. Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist.
8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D. Perform 7 and 8 in a continuous motion.
9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.
10. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.

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12. Bring the left foot to the right foot forming a closed stance toward F while executing a twin side elbow thrust. Perform in slow motion.

13. Move the right foot to F in a stamping motion forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm.

14. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.

15. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.

16. Move the right foot to E in a stamping motion turning counter clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm.

17. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.

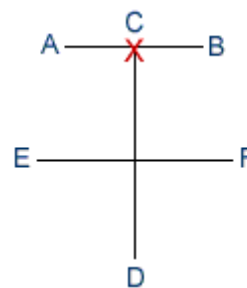
18. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.

19. Bring the right foot to the left foot and then move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.

20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D.

21. Execute an upward kick with the right knee while pulling both hands downward.

22. Lower the right foot to the left foot and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.



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23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.

24. Lower the left foot to C forming a left walking stance toward C while executing a high thrust to C with the left flat fingertip.

25. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.

26. Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.

27. Lower the right foot to C forming a right walking stance toward C while executing a high thrust to C with the right flat finger tip.

28. Move the right foot to D forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm.

29. Jump to C forming a right X-stance toward A while executing a pressing block with an X-fist.

30. Move the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.

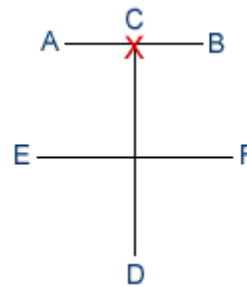
31. Move the left foot to B forming a right L-stance toward B while executing a low guarding block to B with a knife-hand.

32. Execute a circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B.

33. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand.

34. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A.

35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.



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36. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A.

37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.

END: Bring the right foot back to a ready posture.

