Testing for High-Red Belt (36 Classes)

1. What is a full-point deduction called?
2. Demonstrate the proper way to begin and end a sparring match, utilizing appropriate commands and hand signals.
3. what are 4 prohibited acts that should result in a full point deduction?
4. What is one circumstance that should result in the disqualification of a sparring competitor?
5. What is the meaning of your Red Belt?
6. What is the meaning of your form, Taegeuk Chil Jang?
7. Recite the oral history of Taekwondo after the 20th Century.

Blocks, Punches, Kicks, Strikes and Stances

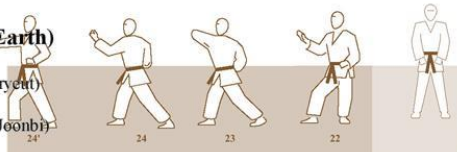
The student should continue to work on all material covered in previous testings as well as combinations. The student testing for High-Red Belt should show mastery of the kicks, blocks, and punches from previous tests and able to effectively demonstrate all previous material as well as continuing to develop the following:

Blocks (Makki) Single Mountain Block (Wesanteulmakki)	Punches (Chirugi)
Kicks (Chagi) Anything that's asked.	Stances (Seogi)
Strikes (Chigi/Chirugi) Pull and Jaw Strike (Danto Teokchirugi)	

Taegeuk Pal Jang (8)

GON

Taegeuk 8 (Earth)

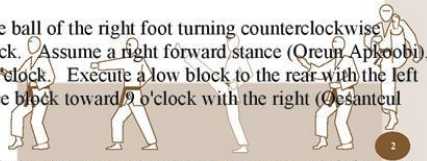


- Attention (Charyeot)
- Bow (Kungye)
- Ready stance (Joonbi)

1. Assume a right back stance facing 12 o'clock (Oreun Dwitkoobi). Execute a left double fisted middle block (Oen Geodeureo Bakat Makki). Shift to a left forward stance (Oen Apkoobi) and execute a right middle punch (Oreun Momtong Baro Chireugi).

2. Pushing off with the left foot, execute a double front jump kick, right front kick followed by a left front kick (Doobaldangsang Apchagi). Yell (**Kihap**) on second kick. Land in a left forward stance (Oen Apkoobi). Execute a left outside-inside middle block (Oen Momtong An Makki) followed by rapidly by a left-right double middle punch (Momtong Doobeon Chireugi).

3. Advance to a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Bandae Chireugi).



4. Pivot on the ball of the right foot turning counterclockwise toward 6 o'clock. Assume a right forward stance (Oreun Apkoobi), feet facing 9 o'clock. Execute a low block to the rear with the left hand and a face block toward 9 o'clock with the right (Oesanteul Makki).

5. Slowly shift the body toward 3 o'clock assuming a left forward stance (Oen Apkoobi) without moving the feet. Bring the left fist to the right shoulder and in a circular motion slowly execute a right uppercut (Oreun Joomeok Dangyo Teok Chireugi).

6. Bring the left foot over the right toward 9 o'clock. Assume a crossed stance (Oen Ap Koaseogi). Extend the right foot toward 9 o'clock. Assume a left forward stance, feet facing 3 o'clock (Oen Apkoobi). Execute a right down block and a left high block, looking toward 9 o'clock (Oesanteul Makki).

7. Turn slowly toward 9 o'clock demonstrating tension without moving the feet. Assume a right forward stance (Oreun Apkoobi). Bring the right fist to the left shoulder and in a circular motion execute a left uppercut (Oen Joomeok Dangyo Teok Chireugi).

8. Pivot on the left foot toward 12 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).

9. Shift to a left forward stance (Oen Apkoobi). Execute a right middle punch (Oreun Momtong Baro Chireugi).

10. Execute a right front kick (Oreun Apchagi). Bring the kicking leg back to its original position then move the left leg to its rear, assuming a right tiger stance (Oreun Beomseogi). Execute a right palm heel middle block (Oreun Batangson Momtong An Makki).

11. Pivot toward 9 o'clock on the right foot. Assume a left tiger stance (Oen Beomseogi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).

12. Execute a left front kick (Oen Apchagi). Assume a left forward stance (Oen Apkoobi) and execute a right middle punch (Oreun Momtong Baro Chireugi).

13. Retract the left leg, assuming a left tiger stance (Oen Beomseogi). Execute a left palm heel middle block (Oen Batangson Momtong An Makki).

14. Turn the body clockwise toward 3 o'clock. Assume a right tiger stance (Oreun Beomseogi). Execute a right double knife hand middle block (Oreun Sonnal Momtong Makki)

15. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi) and execute a left middle punch (Oen Momtong Baro Chireugi).

16. Retract the right foot assuming a right tiger stance (Oreun Beomseogi). Execute a right palm heel middle block (Oreun Batangson Momtong An Makki).

17. Turn clockwise toward 6 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right dual fisted down block (Oreun Geodeureo Arae Makki).

18. Execute a left front kick (Oen Apchagi) followed by a right front jump kick (Oreun Twiapchagi). The left foot lands where the right foot formerly was. Yell (**Kihap**) on the second kick. Assume a right forward stance (Oreun Apkoobi). Execute a right outside-inside middle block (Oreun Momtong An Makki) quickly followed by a left middle punch (Oen Momtong Baro Chireugi).

19. Turn counterclockwise toward 9 o'clock pivoting on the ball of the right foot. Assume a right back stance (Oreun Dwitkoobi). Execute a left knife hand middle block (Oen Hansonnal Momtong Makki).

20. Shift to a left forward stance (Oen Apkoobi). Execute a right elbow face strike (Oreun Palkoop Eolgool Dollyo Chigi).

21. With both feet fixed in the left forward stance (Oen Apkoobi) execute a right backfist to the face (Oreun Deung Joomeok Eolgool Apchigi) followed by a left middle punch (Oen Momtong Bandae Chireugi).

22. Turn the body clockwise toward 3 o'clock keeping the left foot fixed. Assume a left back stance (Oen Dwitkoobi). Execute a right knife hand middle block (Oreun Hansonnal Momtong Makki).

23. Shift to a right forward stance (Oreun Apkoobi). Execute a left elbow face strike (Oen Palkoop Eolgool Dollyo Chigi).

24. Execute a left backfist to the face (Oen Deung Joomeok Eolgood Apchigi) followed by a right middle punch (Oreun Momtong Bandae Chireugi).

- Ready stance (Geuman) With the right foot fixed, move left foot toward right.
- Bow (Shiyo)

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