

Red Belt Requirements

Poomsae

Taegeuk Chil Jang

Kum Do Il Jang

One Step Actions

Actions 11-20 (2 Steps)

Kicking Techniques

Kicking combination 1 (Turn kick / Spin kick / Jump turn kick)

Kicking combination 2 (Side kick middle to side kick high / Back kick)

Kicking combination 3 (Front snap kick / Jump front snap kick / Jump hammer kick)

Vocabulary

Meaning Poomsae Taegeuk Oh Jang

Meaning Poomsae Taegeuk Yuk Jang