

RED BELT WITH TWO BLACK TIPS (1st Red)

Anticipated interval (2 classes /week) from last promotion: Minimum time: 6 months

SKILL SUMMARY:

Stances:

A strong comprehensive knowledge of all stances - strongly centered.

Blocks:

A strong comprehensive knowledge of all blocks. Strong rotational energy exhibited.

Strikes:

Strong proficient strikes - Demonstrated with focus and power.

Kicks:

Spinning - Jump - Turning Round House

Unsupported Kicks:

Jump Spinning Back Kick

Jump Turning Round House

Forms:

Basic Form # 8 (Pyung ahn oh dan)

Shuhari Form

One-Step Sparring:

20 One Steps



Evade by stepping back with RIGHT leg, RIGHT over LEFT slap intercept of the fist (re-direct opponents punch downward) with a quick RIGHT eye gouge (eyeballs), RIGHT front snap kick to groin (pelvic plexus), RIGHT upward elbow strike to chin (under the sauce receptacle).



Evade forward LEFT (approx. 45 degrees) in horseback stance, cup and saucer on the RIGHT, RIGHT center punch/LEFT center punch to the left floating ribs; RIGHT high punch/LEFT high punch to face (great bone orifice) then pull shoulder down with LEFT hand and LEFT leg sweep of opponents' right leg. RIGHT heel kick to the chin (under the sauce receptacle).

Sparring:

Multiple opponents, demonstrates the breadth and depth of techniques during sparring.

CURRICULUM: RANK APPROPRIATE SKILL SUMMARY

Breaking:

Multiple weapons - demonstrates with expertise, confidence, and courage.

Self Defense:

Demonstrates a strong working knowledge of the philosophic, technical, and tactical employment of self-defense techniques.

Knife Defense Against Ice Pick Stab - CKM pp. 306-308.

Knife Defense Against Straight Stab - CKM pp. 312-313.

Knife Defense Against Forward Slash - CKM pp. 316-317.

Knife Defense Against Backhand Slash - CKM pp. 318-319.

Other:

Red Belt Candidates: For each rank of Red Belt advancement you are required to submit a written proposal for a 50-hour community service project that is directly related to the specified interests of CHL. Submit this document to any 5th Dan or higher by hard copy for approval at least two weeks prior to the exam. Also, please bring three copies of your proposal to the test.

Philosophy

Required Community Service

50 hours