

RANK APPROPRIATE SKILL SUMMARY

RED BELT WITH SINGLE BLACK TIP (2ND RED BELT)

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

SKILL SUMMARY:

- Stances:** Strong consistent stances.
- Blocks:** Consistent rotational energy on all blocks and strikes.
- Strikes:** A strong comprehensive knowledge of all strikes.
Eye Strike, Ear Strike, Hammer Fist Strike
- Kicks:** Jump Spinning Hook Kick
Jump Turning Outside to Inside Crescent Kick
Jump Spinning Inside to Outside Crescent Kick
- Forms:** Basic Form # 8 (Pyung ahn oh dan)
- One-Step Sparring:** 18 One Steps
- Sparring:** Multiple opponent strategies. Fakes, Sweeps, Take downs now fluent.
- Breaking:** Multiple weapons, breaking with confidence and expertise.
- Self Defense:** Strong knowledge of self-defense - philosophical and tactical employment.
Defense Against Full Nelson (Finger Leverage) - *CKM* pp. 300-302.
Defense Against Full Nelson (Sweep) - *CKM* pp.304-305.
- Role Playing:** Runs role-playing with confidence.
Demonstrates a strong knowledge base regarding conflict resolution management and prevention.
- Other:** See previous red belt rank requirements for community service.