

RED BELT WITH NO TIPS (3rd Red)

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

SKILL SUMMARY:

Stances:

Strong consistent stances.

Blocks:

Very consistent with all Blocks - powerful, rotational energy.

Strikes:

Elbow strikes- Upward, Downward, Cross, Side, Back

Knee strikes- Up, Side

Kicks:

Slide Hook Kick

Hook- Round House Kick

Wheel Kick

Forms:

Basic Form # 7 (Pyung ahn sa dan)

One-Step Sparring:

15 One Steps

1.

RIGHT Inside-out block to the forearm (four rivers) while stepping forward with RIGHT foot to inside of opponent's right foot, RIGHT knee takedown moving knee outside to inside, simultaneous LEFT reverse punch to the face (great bone orifice) as opponent falls.

2.

Duck (evade) under strike falling to RIGHT knee with simultaneous RIGHT downward open backhand strike to groin (pelvic plexus). Pickup both pant leg cuffs, stand up while still holding pant leg cuffs, RIGHT heel kick to groin (pelvic plexus).

3.

Duck (evade) under strike falling to RIGHT knee, RIGHT reverse punch to groin (pelvic plexus). RIGHT open-handed cupping- immobilization of opponent's right heel, LEFT hand pushes knee joint outwardly for takedown.

Sparring:

Multiple opponent strategies. Fakes, Sweeps, Take downs now fluent.

Breaking:

Multiple weapon breaking- Board/Bricks

Self Defense:

Knife defense (Front and Rear)

Improved ground fighting

Chokes, arm bars, pressure points

One-Arm Shoulder Throw - CKM p.292

Hip Throw - CKM p. 293

Face to Face Flip (Sacrifice Throw) - CKM pp. 294-295

Teaching:

With supervision students will be introduced to teaching lower ranked students.

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. Once accepted and completed, the student will be awarded red trim for their Do Bahk.

Philosophy

Required Community Service

50 hours