

**RED BELT WITH SINGLE BLACK TIP (2<sup>nd</sup> Red)**

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

<b>1.</b>	LEFT Inside-out block to the forearm (crooked pond), RIGHT knife hand chop to the neck (cervical plexus), LEFT palm heel to nose (white bone orifice).
<b>2.</b>	LEFT Outside-in block to the forearm (four rivers), LOOK, RIGHT spinning back knife hand chop to the back of the neck (wind mansion).
<b>3.</b>	Stepping back with the RIGHT leg, upward cross block (w/open hands, right over left) intercept and trapping opponent's wrists. Rotate opponent's arm down (clockwise) while using your left hand to push down on opponent's elbow joint. RIGHT low front snap kick to the nose (white bone orifice), RIGHT downward elbow strike to the back of the neck (wind mansion).

**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.

**Teaching:**

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

**Other:**

See previous red belt rank requirements for community service.

**Philosophy****Required Community Service**

50 hours

**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 5<sup>th</sup> 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.