

RANK APPROPRIATE SKILL SUMMARY

RED BELT WITH TWO BLACK TIPS (1ST RED BELT)

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
- Sparring:** Multiple opponents, demonstrates the breadth and depth of techniques during sparring.
- 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.
- Role Playing:** Demonstrates a strong knowledge base. Very well versed in conflict management.
- Other:** See previous red belt rank requirements for community service.