



2ND KUB - RED

The meaning and significance of red belt:
The red belt signifies the color of blood or the sun, developing a strong foundation of your body and nature, also a warning for danger.

Form: TAE KEUK CHIL CHANG

SENIOR BELT CODES:

1. Respect each other.
2. Be honest.
3. Be patient.
4. Help each other.
5. Always stand for justice.
6. Be loyal to yourself.
7. Be loyal to your family.
8. Be loyal to your country.
9. Obey and be loyal to your instructor.
10. Be loyal to your Do Jang.

BASIC PRINCIPLES OF KI ENERGY

Ki or vital energy cannot be created or destroyed; it exists. Ki energy can be changed, transmuted, or transformed once you understand how to tap it.

Tae Kwon Do recognizes that there is no separation of mind and body. Instead, there is a balance between the physical, emotional, and intellectual. Once you are truly aware you can see a situation for what it is and see how it can be transformed to achieve your goal.

The concentration built by Tae Kwon Do training requires that you focus your personal ki energy and become totally absorbed in your activity. You must be aware of everything and distracted by nothing.

You learn to perceive without self conscious thinking. This mental concentration increases physical power tenfold and directs it with maximum efficiency. When timing and focus are precise, there is no waste of power or effort. You can act spontaneously, rather than react.

The ki provides your basic bio-energy. When you can accept and understand your ki, then the universal flow and balance of nature works through you. You can accept the natural rhythm of any situation and move naturally, and strike naturally.

In short, ki is the cosmic ocean in which everything exists. It is kept in balance by the um and yang, working in rhythm. It is at its best when it flows freely, neither too active nor too passive; in perfect balance.

2nd KUB - RED BELT CURRICULUM

1. All techniques from the preceding levels.
2. Tae Keuk Chil Chang
3. Hook kick and roundhouse kick combined: Front leg,
4. Sweeping techniques
5. One step red self defense
6. Breaking technique
7. Free sparring
8. Leadership training, begin to practice how to teach beginner students
9. Red belt study guide

RED BELT POOM SAE TAE KEUK CHIL CHANG

Poom sae Tae Keuk Chil Chang line represents “Kan.” It means clean cut or stopping action. One of the key things that you must remember in this form is to complete the individual movements very sharply so that over all performance can be clean. Tiger stance, feet gathering stance, side punch, upper cut, knee attack, cross hand block, and scissor block are introduced for the first time.

Requirements: Stances: tiger, back, front, cross, and natural. Kicks: front and outside to inside. Punches: middle. Strikes: back fist, elbow, and knee. Blocks: palm inside, two hand outside, both knife hand low section, scissors, cross hand and wrapping hand fist.

Total Composition: 25 poom (counts), 33 movements

In turning, look first, then turn. Remember that in forms, one defends against multiple imaginary attackers. One must see the direction from which an attack is coming before he can defend against it.

ONE STEP RED BELT SELF DEFENSE

(Attack with the right hand high punch from front stance)

1. Right foot steps forward between back and front stance with knife hand between outside and high block. Left hand around opponent’s waist. Flip and side kick to head.
2. Right foot front kick to the solar plexus and come back to the same place. Left foot roundhouse kick to the side and come back to the same place. Then turning hook kick under the knee flipping your opponent. Stand up and left foot side kick to the head
3. Two hands grab neck and at the same time knee to the face. Twist head to flip opponent. Then downward side kick to the head.
4. Left foot half step back, front foot hook and roundhouse combination, right hand outside block and grab, then rear hand punch to the face.
5. Right foot steps back into sparring stance, then back leg hook kick and roundhouse combination, then turning back kick.
6. Left foot steps back into sparring stance, hop step hook kick and roundhouse combination, right hand outside block and grab, right foot roundhouse kick, then inside to outside drop kick.