



1st KUB - HIGH RED

Forms: TAE KEUK PAL CHANG

WHAT IS A POOMSAE (Pattern or Form)?

A choreographed demonstration of various kicks, blocks, and hand techniques of Tae Kwon Do which the student utilizes with an imaginary opponent.

WHAT IS KYORU GI (Sparring or Fighting)?

A practical application of various forms against an actual opponent.

WHAT IS KYUKPA (Breaking)?

Done to practice and illustrate the formidable power, precision, and great mental concentration of the Tae Kwon Do practitioner.

WHAT IS HO SIN SOOL (Self Defense)?

The study of how to use an attacker's strength or skill and weapons against him or her.

WHAT IS JUNG SIN TONG IL (Meditation)?

For the purpose of concentration practice in order to focus precision and power, visualize goals, and listen to one's conscience for internalizing important truths and moral standards.

WHAT IS ONE STEP SELF DEFENSE?

Choreographed promise fighting at one step distance

1st KUB - HIGH RED BELT CURRICULUM

1. All techniques from the preceding levels.
2. Tae Keuk Pal Chang
3. Combination techniques:
 - A) Combined front leg hook kick and roundhouse kick, rear leg hook kick and roundhouse kick, turning hook kick and roundhouse kick.
 - B) Combined front leg hook kick and roundhouse kick, rear leg step forward same foot jump hook kick
4. Two step red self defense
5. Breaking techniques
6. Free sparring
7. Leadership training
8. High red belt study guide

HIGH RED BELT POOM SAE TAE KEUK PAL CHANG

Poom sae Tae Keuk Pal Chung line represents “The earth,” where all things exist, where all things are rooted, grow, and die. Tae Keuk Pal Chang is the last poom sae for color belt students so it contains all the techniques throughout the past. Single mountain block, both fist middle block, both fist low block and chin attack are introduced for the first time.

Requirements: Stances: back, front, tiger. Kicks: front and jump front. Punches: middle, reverse middle, and chin attack. Strikes: back fist and elbow, Blocks: both fist middle, single mountain, one knife hand outside, palm inside, both fist low.

Total Composition: 24 poom (counts), 28 movements

A thing to remember when you perform poomsae; in walking stance, maintain noise, balance, and a good stance. Hips and shoulders should both move on an even plane and not up and down from one stance to the next.