

Red Belt [ILGeup]



Requirements

32 Classes Credit
Blue/Green/Black & Red Stripes
Advanced Punching Across Mat
Advanced Kicking Across Mat
Poom-Se. - Tae Geuk 6, 7, 8 Jang
HanBon GyoRooGi
Body Grabs
Free Sparring
5 Leadership Workshop
Board Breaking (Dwi HooRyo ChaGi)

Techniques

Open Workout
10 Basic Step (Bo Bup) / Basic Stances (Seo Gi):
Falling Tech (Flip/ Gong-Joong-Hoi-Jeon)
5/6 Count Kick
Speed Running Kick (Ap ChaGi, Dolyo ChaGi, Dwe ChaGi)
Attacking Across Mat
Sparring Drills
Gum-Do Yon Gyok

Knowledge/Q&A

What is the meaning of Red Belt?

Signifies blood or the sun and developing the strong foundation of your body and nature. It is also a warning for danger

Why is it necessary to practice basics and forms?

Forms and basics build necessary solid foundation for achieving coordination, agility and skill.

Performing these techniques also builds confidence and concentration, Sir!

Can you explain why you practice “One Step Sparring”?

We practice One Step Sparring to develop effective offense and defense, control of distance, precision, speed and reaction time, Sir!

Why do you practice breaking techniques?

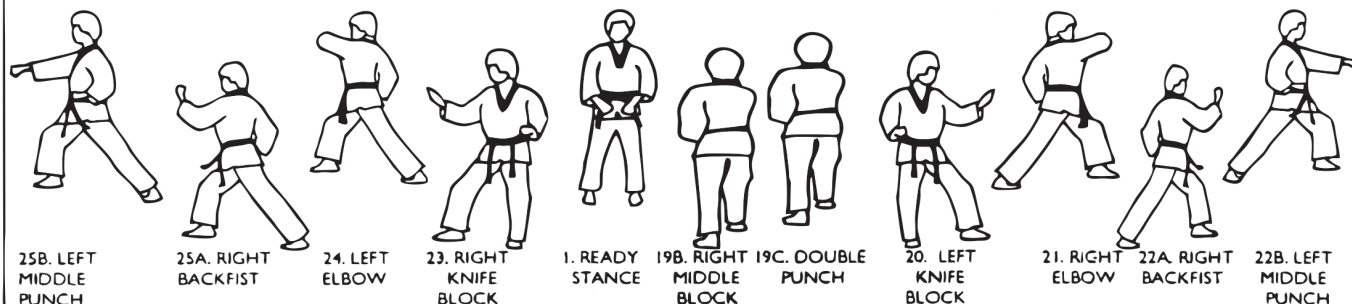
We practice breaking techniques to develop power, precision, concentration, and to actually test the effectiveness of various techniques, Sir!

Black Belt Philosophy

Confidence

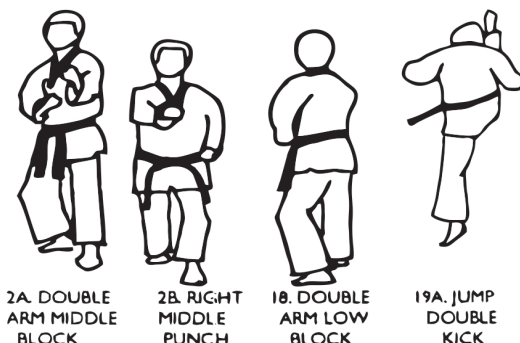
POOMSE TAEGEUK PAL JANG

WTF TAEKWONDO POOMSE # 8

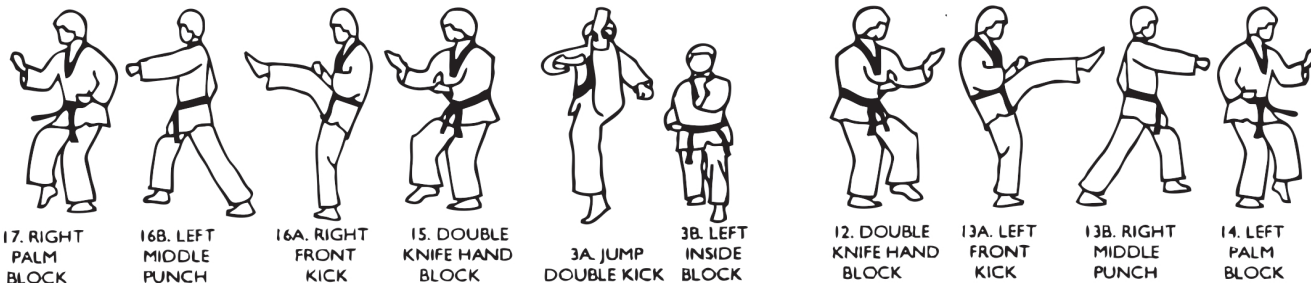


POOMSE TAE GEUK PAL JANG

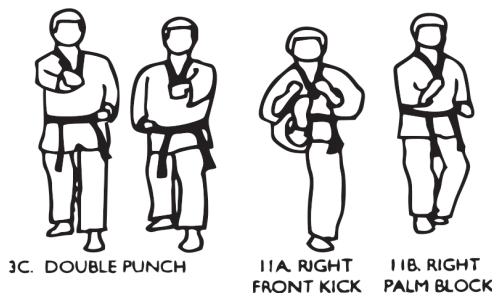
1. Ready stance
2. A. Step forward, moving the left foot into right back stance, left double arm middle block.
B. Shift to left front stance, right middle punch
3. A. Jump twin front kick (khipap).
B. Step down into left front stance, left inside middle block.
C. Right-left double punch.
4. Moving the right foot, step forward into right front stance, right middle punch.
5. Moving the left foot, turn 180° to the left into right front stance, single mountain block.
6. Turn the body to the left into left front stance, right upper punch.
7. Cross step to the right foot into left front stance, single mountain block.



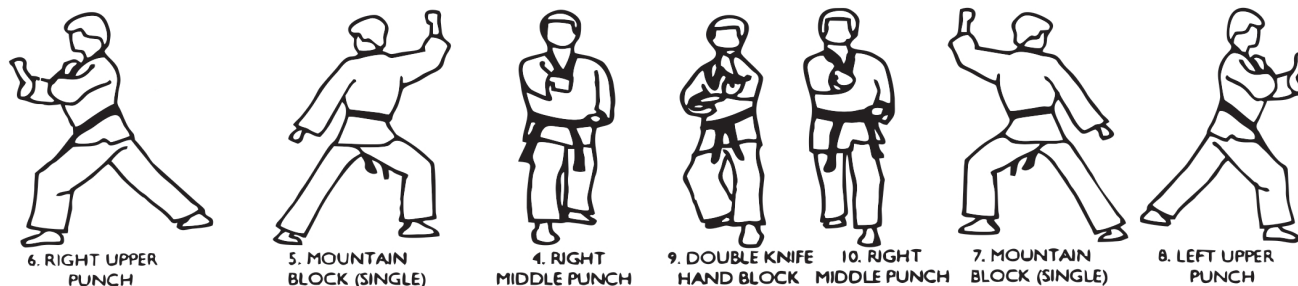
21. Slide the left foot forward into left front stance, right elbow strike.
22. A. Without moving the feet, right backfist.
B. Left middle punch.
23. Moving the right foot, turn 180° to the right into left back stance, right knife block.
24. Slide the right foot forward into right front stance, left elbow strike.
25. A. Without moving the feet, right backfist.
B. Right middle punch.
26. Return to ready stance.



8. Turn the body to the right into right front stance, left upper punch.
9. Moving the right foot, turn 90° to the left, into right back stance, left double knife hand block.
10. Without moving the right foot, slide into left front stance, right middle punch.
11. A. Without moving the left foot, right front kick.
B. Step down and slide the left foot one step back into right tiger stance, right palm block.
12. Moving the left foot, turn 90° to the left into left tiger stance, left double knife hand block.
13. A. Without moving the right foot, left front kick.
B. Step down into left front stance, right punch.
14. Slide the left foot into left tiger stance, left palm block.



15. Turn the body 180° to the right into right tiger stance, right double knife hand block.
16. A. Without moving the left foot, right front kick.
B. Step down into right front stance, left punch.
17. Slide the right foot into right tiger stance, right palm block.
18. Moving the right foot, turn 90° to the right into left back stance, right double arm low block.
19. A. Left front kick and without putting down the foot, right jump front kick.
B. Step down into right front stance, right inside middle block.
C. Without moving the feet, left punch. (Khipap)
20. Moving the left foot, turn 180° to the left into right back stance, left knife hand block.



KNIFE DEFENSE TECHNIQUES



1. Left foot forward (Front stance), inside block w/left hand. Grab opponent w/left hand, Thumb up and chop the neck w/ right hand, grab w/both hands, Right foot step forward opponent down and break opponent's elbow over right shin.



2. Right foot forward (back stance), Right inside block. Grab opponent's hand w/both hands twisting opponent's hand. Right foot back, Right foot front kick. Bring left leg over opponent's right arm, twist legs and break opponent's arm.



3. Hop to left (cat stance); hit opponent's right arm w/scissors movement (left hand hitting under forearm and right hand hitting on top of wrist). Choke opponent w/right hand and sweep opponent w/right leg. Take opponent down and double punch.



4. Slide back w/both legs, left leg back (front stance), double block w/both hands, step forward w/left leg to right side. Bring arms up and over head, slide right leg back and bring opponent down. Left hand press elbow and finish.



5. Slide back w/both legs, right leg back (front stance), double low block. Step across w/right leg to left side, Grab opponent's right hand with your right hand. Left elbow to opponent's chest. Step behind opponent w/left leg, bringing left hand around to opponent's forehead. Grab forehead w/left hand, twisting right wrist (so blade of knife is facing opponent) and slice opponent's throat.

Black Belt Philosophy

RESPONSIBILITY

“Men grow by making decisions and assuming responsibility for them. “ - Bill Marriot Sr.

“The price of greatness is responsibility. “ - Winston Churchill

“The time is always right to do what is right. “ - Martin Luther King, Jr.

“In the long run we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility. “ - Eleanor Roosevelt

“Human happiness and responsibility to others are inseparably connected. “ - George Washington

Martial Arts Perspective

As a high-ranking Taekwondo student, your role comes with important responsibilities to your juniors, your seniors, your school, and the art itself.

Responsibilities to Junior Belts

Think back to your own journey there was likely a senior student who made your training more enjoyable or helped you improve. Now, as a senior belt, you take on that role. Red belts are expected to assist in instruction, reinforcing their own knowledge while helping others learn. More importantly, you set an example through respect, effort, sincerity, and perseverance. While your rank commands respect, it is far more meaningful to earn it through your actions.

Responsibilities to Seniors and Instructors

As you advance in skill, you'll gain a deeper appreciation for the challenges of teaching. Stay humble and continue to show respect to your instructors and senior students. No matter how skilled you become, maintaining a learning mindset is key to growth.

Responsibilities to Your School and Art

Approaching Black Belt status means you represent Master Shin's Taekwondo as a whole. People outside of martial arts may look to you for insight, so carry yourself with confidence, pride, and sincerity. Look for opportunities to promote Taekwondo and share its benefits with others. Through your actions, you can inspire more people to experience the discipline and rewards of this art.

Life Skill Perspective

The values you learn in Taekwondo extend far beyond the dojang. Responsibility isn't just about training it's about how you carry yourself in everyday life.

Responsibility to Yourself : Discipline and self-improvement don't stop when you leave class. Take care of your health, mindset, and personal growth. Make responsible choices in your daily habits, whether it's eating well, staying active, or continuing to learn and challenge yourself.

Responsibility to Others: Just as you support junior belts in class, you have a duty to **help and respect others** in your community. Be a role model at school, work, and home by showing integrity, kindness, and accountability. Your actions influence those around you whether you realize it or not.

Responsibility to Society: As a Taekwondo student, you represent more than yourself. People may see you as a leader, expecting you to uphold the **values of respect, perseverance, and integrity**. Look for ways to contribute whether by mentoring, volunteering, or simply being a positive influence.

Responsibility is about **living with purpose and making choices that reflect your values**. Just as in Taekwondo, true responsibility comes from consistent effort, self-discipline, and a commitment to doing what is right.