

# **Sr. Red Belt [Dan Bo]**



## **Requirements**

36 Classes Credit

Blue/Green/Black & Red Stripes

**Advanced Punching Across Mat**

**Advanced Kicking Across Mat**

**Poom-Se. - Tae Geuk 1 ~ 8 Jang**

**HanBon GyoRooGi**

*Knife Defense*

*Falling Defense*

*Knife Defense*

*Sidekick Defense*

*1 step 1 & 2 Punch Defense*

**Self Defense**

*Body Grabs*

*Shake hands*

*Release*

**Free Sparring**

**Physical Fitness - Sit ups, Push ups, Speed Kicks**

**10 Leadership Workshop**

**10 Class Assistance**

**Korean Term**

**Essay - What TKD means to Me**

**Promise Board Breaking**

*Basic Kick*

*Flying kick*

*Combination*

## **Techniques**

**Open Workout**

**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**