

Red Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. ▢ Double inner forearm block, Knifehand high X-block, Horizontal Back Elbow
2. ▢ Long upset ridgehand strike, Reverse upset punch, Palm heel strike
3. ▢ #3 jump round kick, Reverse hook kick, #1-, #2-, #3-, #4-jump hook kick, Jump Reverse hook kick, Step forward jump reverse hook kick, Jump spin hook kick, Step forward jump spin hook kick

B. Form - Second Stripe

1. Choong Jung 2, 46 moves
2. Free sparring (Must use own kicking techniques in sparring)

C. One-Step Sparring - Third Stripe

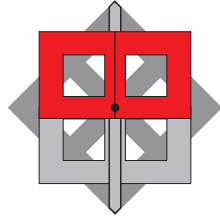
1. Break 2 stations 1 board
2. Self Defense Techniques - Optional

Form: Choong Jung Ee Jahng (2)

1. ▢ Right foot steps south to left back stance, knifehand square block (tension movement).
2. ▢ Shift into right back stance (facing north), knifehand square block (tension movement).
3. ▢ Double step right foot to left, left foot steps 90 degrees to east to right back stance, left low block. And.
4. ▢ In continuous motion, right reverse punch to middle section
5. ▢ Step forward to left back stance, right low block. And...
6. ▢ In continuous motion, left reverse punch to middle section.
7. ▢ #2 Left round kick to north. And...
8. ▢ In continuous motion, left side kick to north.
9. ▢ Land in left front stance, double inner forearm block to north.
10. ▢ No step, right reverse upset punch.
11. ▢ Left foot steps over to line (M-S), then right foot steps forward to left back stance, right palm heel strike to north high section. **Kihap.**
12. ▢ No step, left reverse palm heel strike to west high section.
13. ▢ #2 Left front kick to north. Step down to right foot.
14. ▢ Right foot steps clockwise 270 degrees to west to middle stance, right horizontal elbow to right side high section.
15. ▢ Shift right foot to form left back stance to west, knifehand square block.
16. ▢ Jump 180 degrees clockwise to right back stance, double outer forearm block.
17. ▢ #3 Left jump round kick to west. (Advance one front stance length.)
18. ▢ Land in left sparring stance to west, double outer forearm block.
19. ▢ Right foot steps clockwise 90 degrees to left rear stance to south, double knifehand low block.
20. ▢ Right foot shifts south to middle stance, right long upset ridgehand to middle section.
21. ▢ Left reverse hook kick to south. **Kihap.** And...
22. ▢ Land in right back stance to south, right reverse punch to middle section.
23. ▢ Left ridgehand to high section.
24. ▢ #2 Right round kick to south. And...
25. ▢ In continuous motion, right side kick to south
26. ▢ Land in right front stance, double inner forearm block to south.
27. ▢ Left reverse upset punch
28. ▢ Right foot step to line (N-S), then left foot steps forward to right back stance, left palm heel to south high section, And...
29. ▢ In continuous motion, right palm heel strike to west.
30. ▢ #2 Right front kick to south. Step down to left foot.
31. ▢ Left foot steps east to middle stance, left horizontal elbow to left side high section. **Kihap.**
32. ▢ Left foot shifts to right back stance, knifehand square block.
33. ▢ Jump counterclockwise 180 degrees to land in left back stance to east, double outer forearm block.
34. ▢ #3 Right jump round kick to east (advance 1 front stance length).
35. ▢ Land in right sparring stance, double outer forearm block.
36. ▢ Left foot steps to form right rear stance to north, double knifehand low block.
37. ▢ Left foot shifts north to middle stance, left long punch upset ridgehand strike to middle section.
38. ▢ Right reverse hook kick to north
39. ▢ Land in left back stance to north, left reverse punch to middle section.
40. ▢ Right ridgehand to high section
41. ▢ Left foot steps to right foot, turn clockwise to east; in double-step motion, right foot steps west to left front stance to east; low X block with fists.
42. ▢ #2 Right front kick to east.
43. ▢ Land in left front stance, high X block with knifehands.
44. ▢ Left foot steps back to form right front stance (facing east), low X block with fists.
45. #2 Left front kick to east.
46. Land in right front stance, high X block with knifehands. Bahroh -- Right foot steps back to ready position.

Self-Defense Techniques

1. (A) Two hand choke.
(D) Palm heel strike to Median, Brachial stun with backhand, Upset knifehand strike, Grab with interlocking grip to neck, Deflate with two knee strikes, Clear with a pressure point.
2. (A) Shoulder grab and punch.
(D) Block, Radial strike, Brachial stun, Hook neck, Knee strike.



Color Belt Philosophy

The philosophical interpretation of the Red Belt is:

"The sun is setting. The first phase of growth has been accomplished."

The first day (the period of time from White to Red belt) of growth is coming to an end. The physical skill has been developed, but lacks control; therefore, physical and mental discipline must now be achieved.

Form

Segments break down: 2 - 4 - 4 - 4 - 4 - 5 - 4 - 4 - 4 - 5 - 3 - 3

Choong Jung Ee Jahng (2) has 46 movements and its Ki-haps are on the 11th movement (right palm heel strike), the 21st movement (left reverse hook kick), and the 31st movement (left horizontal elbow).

Board Breaking - Evidence of Power

General: Recommended Red Belts (1R) testing for Decided Red (1D) should do their board breaks, successfully, in class prior to receiving permission to test. However, it is MANDATORY that students testing for Black Belt ranks (including 1st Recommended Black Belt) perform their board breaks at a formal testing as well as their other requirements (i.e. form, sparring).

Technique Requirement

1. Reverse Palm Heel, Round Kick (High section #1, #2 or #3)
2. Reverse Elbow, Jump Side Kick (High section)

Mid-Term Requirements

Students should refer to their Instructor for possible Mid-Term testing requirements.

Note: Red Belts must have knowledge of all material. All material must be performed correctly. 1R red belts must have at least 21 classes to test. 1D red belts must have at least 21 classes to test. All Red belts must have a proper uniform for testing. A proper uniform consists of a clean and pressed uniform with lettering on the back and patches on the front. All upper ranks must exhibit martial arts attitude with high spirit and motivation.

One man has enthusiasm for 30 minutes, another for 30 days, but it is the man who has it for 30 years who makes a success of his life.

Edward B. Butler, American Scientist