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## Testing Requirements:

### Red Belt Curriculum/Black Belt Test

#### Forms:

- Ki bon
- Chun gi
- Tan Gun
- To San
- Won Hyo
- Yul Kok
- Chun Gun
- Toi Gye
- Hwa Rang
- **Chung Mu**

#### Strikes:

- Mid section punch
- High section punch
- High section palm heel strike
- Knife hand strike
- Mid section palm heel strike
- Mid section knife hand strike
- Back fist
- Open hand throat strike
- Forward Elbow Strike
- Upward Elbow Strike
- Hammer fist
- Low section palm heel strike
- Throat grab
- Low section upward punch
- Mid section upward punch
- Jab, cross, hook upper cut combo

- Rear mid section elbow
- Rear high section elbow
- **Ridge hand strike**
- **4 Knuckle punch**
- **Knuckle strike**
- **Downward elbow strike**

#### Kicks:

- Front stiff legged stretch
- Front snap kick
- Step behind side thrusting kick
- Roundhouse kick
- Inside crescent kick
- Outside crescent kick
- Step through side thrusting kick
- Flying front snap kick
- Spinning side thrusting kick
- Hook kick
- Spinning outside crescent kick
- Push kick
- Twist kick
- Front leg front snap kick
- Step behind outside crescent kick
- Typhoon kick
- Mid section knee strike
- Front leg roundhouse
- Front leg side thrusting kick
- Front leg hook kick
- Flying roundhouse

- Wheel kick
- Spinning hook kick
- Axe kick
- Low section roundhouse
- Low section thrust kick
- Low section crescent kick
- **Flying side thrust kick**
- **Flying spinning outside crescent kick**
- **Flying spinning wheel kick**
- **Roundhouse from side on ground**
- **Thrust kick from side on ground**
- **Thrust kick from back on ground**
- **Scissor kick from side on ground**

#### Blocks:

- Low section block
- Inner wrist block
- High section block
- Box block
- Outer forearm block
- Circle block
- Grabbing block
- Augmented block
- Ridge hand block
- High X-block
- Pole grab
- Low X-block
- Mountain block
- Low section knife hand block
- Mid section X-block

#### Stances:

- Ready position
- Attention
- Horse Stance
- Fighting Stance
- Front Stance
- Back Stance
- Fixed Stance
- X-stance
- Cat stance
- Reverse stance

#### Rolls/Falls:

- Forward somersault from standing
- Forward shoulder roll from standing
- Back fall from standing
- Backward shoulder roll from standing
- Side fall from standing
- Front fall from standing

- Diving somersault
- Diving shoulder roll
- Hand stand into forward somersault
- Forward somersault into bridge
- Falling Form

#### One Step Sparring:

- Any combinations used in forms
- Two steps
- American one steps
- **Throws (4 major)**
- **Throws followed by ground control/attack**

#### Sparring:

- Three two minute rounds against a black belt opponent
- **Two two minute rounds against two black belt opponents**

#### Self Defense Escapes:

- One hand wrist grab
- Two hand wrist grab
- Double wrist grab
- Choke from front
- Choke from rear
- Choke from side
- Double lapel grab
- Hair Grab
- Single lapel grab
- Bear hug
- Head lock
- Face up ground escape
- Face down ground escape
- Choke against a wall escape
- Defense against stick attacks
- Knife Defense (16 yrs and above only)
- **Gun Defense (16 yrs and above only)**

#### Weapons:

- Original (self-created) weapons form
- Weapons form of choice
- Basic blocks and strikes with two of the following:
  - Nunchaku
  - Bo
  - Tonfa
  - Escrima stick
  - Kama

Knowledge:

- Bow in/Pledge
- Bow out
- White, Yellow, Green & Blue belt color meaning
- All components of power
- All tenets of Tae Kwon Do
- Korean terms for:
  - All techniques the student is tested on
  - Training hall
  - Uniform
  - Belt
- Meaning of Bushido
- Origin of martial arts (Wushu)
- Symbolism of Yin & Yang
- Purpose of Sanchin techniques
- Confucious method of teaching
- Force as a last resort
- Law of equal force
- Read and report on an instructor approved book from the Northwoods Martial Library
- **Explain how the physical components of power can be applied in your life.**
- **Know your strengths and your weaknesses and how they factor into the roles you fill.**