



Red Belt Homework

Red belts interested in testing to Bodon must know the following, as well as previous items:

Rank: 2nd Gup

Meaning: Red, Sunset, Danger: As the journey comes to a close, the sun sets, indicating that the day is almost over. It also stands for Danger and to stay away.

Vocabulary:

Everything from previous belts

Form:

TAEGUEK Yuk Jang

Self-Defense:

All Self Defense that the student has learned in class, minimum is Number 7, starting from both a Right and Left guarding stance.

Board-Breaking:

Back Spin Kick and Hammer Fist

Strength:

30 Pushups, 90 Squats, Practice Black Belt Run

COST \$175

BELT TESTING DATE: _____ PARENT SIGNATURE: _____