



Testing requirements for High Red Belt

- * Clean Uniform With TKD patch on chest
- *Must submit Testing Application
- *Must turn bubble sheet(with testing application)
- * Must bring food for potluck(10 servings)
- *Must stay the entire test exam

Questions:

What is meaning of Pyong Ahn?

Demonstrate a proper Ap cha kee and what are you hitting?

Tie a belt for a student. (1.5 minute)

How many steps in pyong ahn forms starting with cho dan.

Must know parent birthday(16 & Under)

FORMS:

Pyong Ahn Dan

Taekguk Chil jang

So Rim Bo Sul Snake

CHALLENGE FORM: ? ANY OF THE PREVIOUS FORMS

MUST KNOW 1 STEP SAPRRING 1-5

KICKS:

1. Auto bond round kick ,auto bond round kick -Turb (kihap)-same to rear (Jump switch motion, turn to back pivoting on front leg ,jump the same leg round kick)
2. Back leg double side kick (lo-Hi) jump running flying side kick (right leg) kihap on kick - step and turn (kihap) - same to rear (left leg)

3.Back leg Crescent kick , two butterfly crescent kick(same leg)- step and turn (kihap) -same to rear

Bag work (1 minute)

Focus Pads (1 minute)

Hap Ki DO -2

Board Breaking Technique:

Knife Chop

Round Kick

