**Red Belt (2nd Gup) Curriculum Sheet**

**Required Attendance**:

Minimum of 32 Classes & 4 Months Training since Date of Last Test

**Required Score on Test:**

70% - Written; 70% - Physical;

**Required Thesis:**

Minimum of 2 Paragraphs of 4-6 sentences each

**Other Requirements:**

Student MUST have Brown Trim on Uniform

**Required Techniques:**

Hand Techniques: Foot Techniques:

- High Double Hand X Block - 1 Stage Jump Spinning (180°) Crescent Kick

- Ridge Hand - 1 Stage Jump Spinning (180°) Wheel Kick

- Spinning Ridge Hand - 1 Stage Jump Spinning (180°) Hook Kick

Forms: Weapons:

Pyung Ahn Oh Dan Alternating Forward Figure 8

Alternating Reverse Figure 8

Hand One Step Techniques: Foot One Step Techniques:

#19 – Knife Hand Block Arm Bar Sweep Kick, TD #19 – Ridge Hand Block & Catch, Sweep Kick, TD

#20 – Rising Block, Elbow Strike, Arm Lock, TD #20 – Palm Block, 1 Stage Jump Front Kick

Self Defense Techniques: Other Self Defense Techniques:

#19 – Rear Bear Hug Under the Arms Rear Bear Hug Over the Arms

#20 – Rear Bear Hug Over the Arms Rear Bear Hug Over the Arms

Rolls & Break Falls: Sparring:

None Sparring ability against 2 people