

Shin's TaeKwonDo Academy
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2nd Red Belt Vocabulary & Requirements

Vocabulary

Chest protector	Ho goo
Blue	Chung
Red	Hong
First round	Il-hweh-jun
Second round	Ee-hweh-jun
Third round	Sam-hweh-jun
Finish sparring	Gyo-roo-gi-guht
Three step sparring	Seh bun gyo-roo-ki
Time	Si-gahn
Right and left face each other	Jwa-oo yang-oo

Counting

81	Ya dune Hana	86	Ya dune Yah-sut
82	Ya dune Dool	87	Ya dune Il-gohp
83	Ya dune Set	88	Ya dune Yau-dull
84	Ya dune Net	89	Ya dune Ah-hope
85	Ya dune Dah-sut	90	Ah-hune

Kicking Terms (cha-ki)

Step-up back kick	Bahl-ko dwe-cha-ki
Step-up spinning hook kick	Bahl-ko dwe-who-ri-ki
Jump hook kick	Twe uh dwe who ri ki

Belt Coloration

Review Red Belt meaning

Meaning of Tae-Geuk Poomse

Tae-Geuk Poomse #7 Tae-Geuk Chil-Jang (2nd Gup)

Symbol is Kahn, meaning The Mountain

A mountain is the spirit of firmness and strength. At this level the practitioners resolution for TaeKwonDo training starts firmly rooting in the heart. The meaning of self-improvement through TaeKwonDo becomes deeper daily. Therefore, it is recommended to re-examine all of the learned skills so that the base of your progress is strongly secured. You may experience some difficulties and obstacles mentally and physically. Effort is required to get through this stage. The new techniques are: low double knife hand block, palm press block, scissors block, knee strike, middle section opening block, cross hand block, side punch, tiger stance, and horse riding stance. Powerful and articulate execution is required in single movements and smooth transition in combination techniques.

Testing Requirements

Vocabulary Poomse: Tae-Geuk #7 / Tae-Geuk Chil-Jang & Previous Poomses

One Step sparring: #1 thru 14

Kicks: Previous + Above Kicks

Physical: 60 kicks, squats, sit ups, push ups

Board Break: With any above kick or hand technique