

Shin's TaeKwonDo Academy

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Red Belt Vocabulary & Requirements

Vocabulary

Cross arm outward block	Heh chuh mak-ki
Hammer fist	Mehn-jumok
Back fist	Doong-jumok
Mid-section/trunk	Mohm-tong
Elbow	Pahl-goop
Knee	Moo-roop
Arm	Pahl
Hand	Sohn
Foot	Bahl
Chest	Gah-suhm
Leg	Dah-ri
Tiger Stance	Bum suh ki

Counting

71	Il-hun Hana	76	Il-hun Yah-sut
72	Il-hun Dool	77	Il-hun Il-gohp
73	Il-hun Set	78	Il-hun Yau-dull
74	Il-hun Net	79	Il-hun Ah-hope
75	Il-hun Dah-sut	80	Ya dune

Kicking Terms (cha-ki)

Flying side kick	Yidan-yup cha-ki
Continuous kick	Kye-sok cha-ki

Belt Coloration

Red Belt

This represents the summer sun that swelters with the intensity of the flowering arts.

Meaning of Tae-Geuk Poomse

Tae-Geuk Poomse #6 Tae-Geuk Yuk-Jang (3rd Gup)

Symbol is Kahm, meaning the water (the origin of life)

Water symbolizes a constant flow and ultimate flexibility. Not only must the techniques flow but the mind must be flexible as well. The new techniques are: single knife hand section high block, roundhouse kick, palm press block, and pyunhee suhgi (relaxed stance) in the middle of the poomse. Special attention must be made to the foot position right after executing the 2 roundhouse kicks.

Review

All White, Yellow, Green, and Blue belt Vocabulary Sheets

Testing Requirements

Vocabulary

Poomse: Tae-Geuk #6 / Tae-Geuk Yuk-Jang & Previous Poomses

One Step sparring: #13,14

Kicks: Previous + Above Kicks

Physical: 50 kicks, squats, sit ups, push ups

Board Break: With any above kick or hand technique