

## 2<sup>nd</sup> Gup Red Belt Drills

### Requirements for 1<sup>st</sup> Gup Red Belt – (test)

#### All of the Foundation Kick Drills from lower Ranks / Levels

- Kicks Opposite Legs (Triples) (Fighting Stance) All Drills from lower Ranks
- Kicks (Same Leg) (Fighting Stance) All Drills from lower Ranks / Levels
- Kicks (Front / Back / Front) (Fighting Stance) All Drills from lower Ranks / Levels
- Sweep Kick (Fighting Stance) All Drills from lower Ranks / Levels
- Kicks (Front/Back /Back /Front) (Fighting Stance) All Drills from lower Ranks Levels

#### Steeplechase - 3 Kicks

(Ground, Air, Ground (Fighting Stance) All Drills from lower Ranks / Levels, Plus

- |   |   |
|---|---|
| <p>1 - Outside-Inside Front Kick (G)<br/>         Jump Inside-Outside (A)<br/>         Side Kick (G)</p> <p>3 – Diagonal Kick (G)<br/>         Jump Hook Kick (A)<br/>         Reverse Back Hook Kick (G)</p> | <p>2 - Spinning Back Kick (G)<br/>         Jump Spinning Back Kick (A)<br/>         Roundhouse Kick (G)</p> <p>4 – Outside-Inside Kick (G)<br/>         Jump Inside-Outside spinning Kick (360°)<br/>         Spinning Axe Kick (G)</p> |
|---|---|

#### Running Jump Kicks (Flying Kicks)\*

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1 – Running Jump Front Kick*      | 2 – Running Jump Side Kick*       |
| 3 – Running Jump Roundhouse Kick* | 4 – Running Jump Two Front Kicks* |
| 5 – Running Jump Hook Kick*       |                                   |

#### Hands:

#### All of the foundation Hand Drills from lower Ranks / Levels

- Hands Front Stance – Triples / Quads /Five All Drills from lower Ranks / Levels
- Hands Fighting Stance – Triples / Quads / Five All Drills from lower Ranks / Levels
- Hand / Kick Combination (Quads) Front Stance & Fighting Stance, All Drills from lower Ranks / Levels ..... Plus\*

- |  |  |   |
|--|--|---|
| <p>1 – Front Kick*<br/>         Down Block<br/>         Reverse Punch</p> <p>4 – Front Kick*<br/>         High Block<br/>         Reverse Ridge Hand<br/>         Center Punch</p> | <p>2 - Inside-Outside Kick*<br/>         Reverse Punch<br/>         Inside-Outside Block</p> <p>5 – Front Kick*<br/>         Down Block<br/>         Inside-Outside Block<br/>         Reverse Punch</p> | <p>3 – Outside-Inside Kick*<br/>         U- Punch</p> <p>6 – Front Kick*<br/>         Low Grab and Trap<br/>         High Soo Do<br/>         Reverse Punch</p> |
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### Forms: (Red are Optional Forms)

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| 1 – All Kee Cho Hyung (3 Forms)      | 2 – All Kwan Hyung (3 Forms)      |
| 3 – All Moo Duk Kwan Hyung (4 Forms) | 4 – All Pyung Ahn Hyung (5 Forms) |
| <b>5 – Bassai</b>                    | 7 - Bong Hyung Il Bu              |
| 8 - Bong Hyung E Bu                  | 9 - Bong Hyung Sa Bu (1 & 2)      |
| <b>10 - Choong Shim Cho Dan</b>      |                                   |

### One Steps; Three Steps & Self-Defense

- 1 - Hand Techniques 1 – 20
- 2 - Kick Techniques 1 – 20
- 3 - Three Steps – 1 – 10
- 4 - Ho Sin Sul (Self-Defense Techniques) 1 -20

### Sparring – Cha Yu Dae Ryun - (3) 3 min. Rounds One on One and Two on One\*

### Breaking (1 - 2 Techniques) Kick or Hand - One Board each