



Requirements for 1st Gup Red Belt – (test) 2nd Gup Red Belt Drills

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

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

Running Jump Kicks (Flying Kicks)*

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|-----------------------------------|-----------------------------------|
| 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*

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|---|--|--|
| 1 – Front Kick*
Down Block
Reverse Punch | 2 - Inside-Outside Kick*
Reverse Punch
Inside-Outside Block | 3 – Outside-Inside Kick*
U- Punch |
| 4 – Front Kick*
High Block
Reverse Ridge Hand
Center Punch | 5 – Front Kick*
Down Block
Inside-Outside Block
Reverse Punch | 6 – Front Kick*
Low Grab and Trap
High Soo Do
Reverse Punch |



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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)
- 5 – Bassai
- 6 - Oh Shin
- 7 - Bong Hyung Il Bu
- 8 - Bong Hyung E Bu
- 9 - Bong Hyung Sa Bu (1 & 2)
- 10 - Choong Shim Cho Dan

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