

## WHAT IS THE MEANING AND SIGNIFICANCE OF THE RED BELT?

The Red belt signifies the color of blood or sun, developing a strong foundation of your body and nature, also a warning for danger.

### SENIOR BELT CODES:

- |                           |                                  |
|---------------------------|----------------------------------|
| Respect each other.       | Be loyal to yourself.            |
| Be honest.                | Be loyal to your family.         |
| Be patient.               | Be loyal to your country.        |
| Help each other.          | Obey and be loyal to instructor. |
| Always stand for justice. | Be loyal to your dojong.         |

### BASIC PRINCIPLE OF KI ENERGY:

Ki or Vital Energy cannot be created or destroyed, but it exists. Ki Energy can be changed, transmuted or transformed once you understand how to tap into it.

Tae Kwon Do recognizes that there is no separation of the mind and body. Instead there is a balance between the physical, emotional and intellectual. Once you are truly aware you can see a situation for what it is and see how it can be transformed to achieve your goal.

The concentration built by Tae Kwon Do training requires that you focus your Ki Energy and become totally absorbed in your activity. You learn to perceive without self-conscious thinking. This mental concentration increases physical power and directs it with maximum efficiency. When timing, and focus are precise there is no waste of power or effort. You can act spontaneously, rather than react.

Ki Energy provides your basic bioenergy. When you accept and understand your Ki then the universal flow and balance of nature works through you. You can accept the natural rhythm of any situation and move naturally to defend or attack.

In short, Ki Energy is the cosmic ocean in which everything exists. It is kept in balance by the “Um” and “Yang” working in rhythm and harmony. It is at it’s best when it flows freely, neither too active nor too passive, but in perfect balance.

### Requirements to advance to 1st Gup - High Red Belt (4 Months Time In Grade):

#### FITNESS

1. 2nd Gup Study Guide : 2. 60 Push-ups, V Sit-ups, 35 Power Jumping Jacks

#### BASIC TECHNIQUES

1. Hook/Roundhouse Kick (Front Leg, Back Leg, Hop-Step & Turning)
2. Jump Turning Side Kick

#### POOMSAE PATTERN/FORMS

1. Tae Geuk Ill Jang, Ee Jang, Som Jang, Sah Jang, Oh Jang, Yuke Jang :
2. Tae Geuk Chil Jang (# 7) : 3. Review Rolling & Falling

#### SELF-DEFENSE & SPARRING

1. Red Belt One-Step Self-Defense
2. Contact Sparring. You must have your own full set of gear.

#### BREAKING

1. Power: 1 Brick (Adults/Teens) : 1 Board (Ages 12 & Under)
2. Jump Turning Side Kick