



RED Belt Curriculum (Power Team)

1. TRADITIONAL MOVEMENT

Forms

- Pal-Gwe #7
- Koryo

Traditional Movement testing

2. SELF DEFENSE

Level 2: Escape & Follow Up

- Focus Mitts
- Elbow Strikes (all angles)
 - Stepping
 - Lunging

Sparring

Self Defense testing

3. HAND TECHNIQUES

- Stepping Back Fist – Jump Spin
Back Fist – Reverse Punch
- Double Punch – Ridge Hand –
Palm Strike

Hand Testing

4. KICKING TECHNIQUES

- Flying Turning Kicks
 - Back Kick
- Flying Spinning Kicks
 - Crescent Kicks
- Retreating Kicks
 - Retreating Front Kick
 - Retreating Side Kick
 - Retreating Crescent Kick
- Pad Kicking
 - Jumping Rear Leg Round Kick
 - Flying Round Kick
 - Offensive Jump Back Kick
 - Defensive Jump Back Kick
 - Flying Back Kick
 - Retreating Side Kick

Kick testing

5. COMBINATIONS

- Front Leg Side – Hook – Round – Front Kick – Back Leg Round Kick –
Spin Crescent – Reverse Punch
- Flying Spin Crescent – Tornado Kick – Back Leg Side Kick – Back Fist – Reverse Punch
- Jump Spin Hook – Jump Spin Hook

Combo Testing