



RED BELT (To Brown Belt) EXAMINATION REQUIREMENTS

BELT CONCEPT: POSITIVE ATTITUDE

White Tip: Count Kick & Fitness

A. 9 Count Front/Round/Side/Hook Kick: (1 finger on wall okay; Kicks must be chest level)

1. Front kick fold
2. Front kick and re-fold
3. Round kick fold
4. Round kick and re-fold
5. Side kick fold
6. Side kick extension and hold
7. Side kick re-fold
8. Hook kick and re-fold
9. Foot down

B. Fitness Test: 40 good pushups and 1 minute plank

Yellow Tip: Red Belt Combinations

1. Offensive back reverse crescent kick, back punch, back leg round kick, back punch.
2. Offensive front leg side kick, jump front leg side kick, back punch.
3. Offensive jump back leg round kick, back reverse hook kick, back ridgehand.

Green Tip: Belt Stretcher

15 second front kick and side kick balance (no wall; left and right side)

15 second round kick stretch balance (no wall)

Purple Tip: Leadership

10 hours of Leadership. Please read the Leadership Guidelines on the back of this sheet.

Blue Tip: Form

“Pyung-wa” form meaning “Peace”

Red Tip: Sparring

Free Sparring

1. Techniques must be controlled and precise
2. Use both sides of your body. Vary your techniques (don't repeat the same moves)
3. Defensive blocking and movement required.

Black Tip: Final Test (minimum 50 lessons)

Final testing will cover all curriculum learned thus far. Check your attendance card for a star stamp on the top left corner to see if you qualify for the final test. The following **must** be submitted to Master Rhee **before** the test day.

1. Typed paragraph on the importance of “Positive Attitude” and where you can apply it to your life
2. Power Goal
3. TKD binder with all messages of the month since your enrollment, most recent report card, graduation application and test fee.

Upon passing the final test with the Master instructors, the final black tip will be given to you and placed lengthwise along your current belt. Students in high school and below must have a parent place the black tip along the width of the belt (at the tip) for final approval. Students who do not receive the black tip from their parents will not earn their new belt until the black tip is properly placed on the belt.

2022Jhoon Rhee TKD: Leadership Tip Requirement (ver 1.2022)

The Leadership Tip is a requirement for all advanced belt students starting at Red Belt. Students (high school and below) are required to complete 10 leadership classes to achieve the purple leadership tip for your next rank. The leadership tip is required for every rank up to 2nd Degree Black Belt. The main purpose of leadership class is to help higher ranking students sharpen their previously learned forms. Therefore, leadership can only be done during forms week. The guidelines for the leadership participation are listed below. If you are taking a class for a leadership credit, show up as usual and place your attendance card in the inbox. You can monitor your leadership credits by looking at the date stamps at the bottom of your attendance card. If you are late (regardless of the reason) you will not be allowed to participate. While in a lower belt class, remember to lead by example! Lower ranked students are looking up to you so it's important that you set a positive example.

Red Belt	2 nd Brown Belt	1 st Brown Belt	Black Belt
<ul style="list-style-type: none"> • <i>Forms week only</i> • 10 Classes • <i>Participate</i> in a non teen/adult class (Gold or Orange/Green, Purple/Blue) 	<ul style="list-style-type: none"> • <i>Forms week only</i> • 10 Classes • <i>Participate</i> in a non teen/adult class (Gold, Orange/Green or Purple/Blue) 	<ul style="list-style-type: none"> • <i>Forms week only</i> • 10 Classes • <i>Participate</i> in a non teen/adult class (Gold, Orange/Green, or Purple/Blue) 	<ul style="list-style-type: none"> • <i>Forms week or review week only for following:</i> • 10 Classes (each stripe) • <i>Participate</i> in a non teen/adult class Purple/Blue or Red/Brown • <i>Any week for the following:</i> • <i>Assist</i> in any Ninja, White or Gold Belt Classes