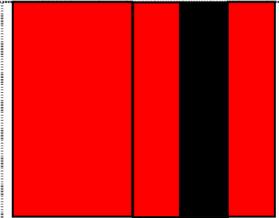




SPARTA TAEKWONDO RED BELT DEGREE PROGRAM



A. New Stances

Name	Korean Terminology	Other Terminology	Comment
Cat Stance		Tiger Stance	

B. New Strikes

Name	Korean Terminology	Other Terminology	Comment
Knee Strike			
Back Fist Strike			
Side Punch			
Side Elbow Strike			
Reverse Elbow Strike			

C. New Blocks

Name	Korean Terminology	Other Terminology	Comment
X-Upward Block			
Low X-Block			
Double In-Out Block			
Palm Heel Downward Block			
Double Scissors Block			

D. New Kicks

Name	Korean Terminology	Other Terminology	Comment
Jumping Hook Kick			
Front Foot Kicking			Combination of various front leg kicking
Roundhouse and Side kick 10 sec			10 Seconds
Low-High Roundhouse		Double Roundhouse	
Low-High Side Kick		Double Side Kick	

E. Forms

Name	Korean Terminology	Comment
Taegeuk 7 (Red Belt)	Taegeuk Chil-Jang	<i>* Symbolizes Mountain - A mountain is stable and cannot be moved. This form teaches us to move only when it is necessary to move - and then move rapidly - and stop suddenly and solidly, standing like a rock. It teaches commitment to notion and to immobility, for one must not waiver.</i>
Palgwe 7 (Red Belt)	Pagwe Chil-Jang	<i>* Concept of Mountains (San) - Mountains are stable bodies, high and majestic in character, but with definite stopping places. This hyung is symbolic of a conservative approach to one's life ambitions and promote the practice of not living in a hasty manner.</i>
Taegeuk 8 (Red Belt Advanced)	Taegeuk Pal-Jang	<i>* Symbolizes Earth - The earth is receptive, gentle and nurturing. It signifies the infinite concentration of UM energy. (UM is a passive, receptive force) The earth embraces and grows everything. It nurtures in silence and in strength. It teaches us the importance of life force within ourselves and to respect life in all forms.</i>
Palgwe 8 (Red Belt Advanced)	Palgwe Pal-Jang	<i>* Concept of Earth (Gon) - This hyung is designed to summarize the seven previous hyungs, as well as introduce several new techniques. At this stage, the practitioner reviews all previous material before making a transition to black belt.</i>

F. Combination Kicks

1. Any combination kicks from previous belt ranks
2. Freestyle combination kicking offensive
3. Freestyle combination kicking defensive

G. Breaks

Red – Jump Spin Hook kick with Hand Technique

Red/Black – Narabahn with Hand Technique

H. Questions – See handout or log in to www.spartatkd.com – Announcements – Printed Materials – Handouts and School Curriculum