

Red Belt

Danger & Control

Meaning of the Red Belt - *Red Belt signifies danger, warning the student to exercise control and the opponent to stay away.* **Rojo:** Indica peligro advertencia el estudiante eserse control y advertencia hacia el oponente que se mantega distanciado.

You've done it! You've been awarded a red belt, that coveted level just before Black Belt. What does it mean to you? You are now considered an advanced student, ready to refine and polish the basic techniques you have already learned. You have demonstrated that you have power with your board breaks.

You must now realize the importance of controlling yourself and your techniques to prevent injury to others.

All basic techniques are now available in your sparring sets. It is time to focus on improving your existing skills. You must also learn patience since this is usually a lengthy process. You will no longer be able to test each time, nor is it very easy to advance more than one stripe at a time.

At red belt, you will learn three new patterns:

- • 1. Hyun Sil
- • 2. Hwa Rang
- • 3. Choong Moo

Hyun Sil is the third discipline pattern in the Choong Sil series. Hyun Sil means actualization or the development of a strong work ethic. To advance to Black Belt requires dedication, perseverance and hard work. As you refine your technique, many of the changes may seem small, but each one is important.

The Hwa Rang, the flower of Korean manhood, were a group of elite young men who trained not only in martial arts, but also in painting, calligraphy and other arts during the Silla dynasty. Most of the future leaders of the country developed through the Hwa Rang. General Choi Hong Hi trained the elite 29th Infantry Division during the Korean War in special martial arts techniques. They became the equivalent of our Special Forces. Following the war, General Choi organized the various kwons (schools of martial arts) into a new system of martial arts known as taekwondo.

General Choi later formed the International Taekwondo Federation (ITF) which exists today and is headquartered in Toronto, Canada. The ITF is one of three primary international taekwondo federations. The World Taekwondo Federation (WTF) was formed by and is still the official arm of the Korean government. It, too, is international in scope and has thousands of members worldwide. Several years ago, Grandmaster Park Jung Te left the ITF where he was General Choi's Secretary-general and formed the Global Taekwondo Federation (GTF). General Choi's and Grandmaster Park's deaths have recently caused great changes in these organizations. We use

the pattern system developed by General Choi (the Chang Han system) as well as practice our own “discipline” patterns. There are a total of 29 patterns in the CTF system. By the time you are ready to test for your recommended black belt, you will be required to know the first 12 of them.

Red Belt Patterns

Hwa Rang:

(29 moves, right foot returns)

Hwa Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

Choong Moo:

(30 moves, left foot returns)

Choong Moo was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potential, checked by the forced reservation of his loyalty to the king.

Hyun Sil:

(50 moves, left foot returns)

Hyun Sil means "Actualization." Actualization is to take the first step and enter into the process of the work and reward system. The development of a strong work ethic is the most important element in this philosophy. Even the most average of people can achieve excellence with a positive work habit.

Red Belt Board Breaking Requirements

At the rank of Red Belt, the student continues to make a power demonstration at each testing.

Typically, children under 14 will break only a single board at each station while adults typically break two boards. At Red Belt, the minimum testing requirement is for the student to break using two different techniques, one hand and one foot, at each testing. The instructor's job is to guide the student in selecting techniques that are appropriate for the student's ability.

Testing Procedures

At testing, the student is given three chances to break his/her board stations for a grade. Sometimes the instructor may allow additional attempts if he or she feels it is appropriate.

Students should be prepared to set up their board break stations quickly, and with a minimum of practice attempts.

When ready, the student will face the judges and bow, then begin their breaking attempts. **It is not appropriate to make additional practice attempts after bowing to the judges.**

If you do not break all stations, you may take time to adjust any station and then bow in again. Always stop and bow in to the judges before making each additional attempt.

Hwa-Rang

Red Belt

Closed Ready Stance C

Technique			Stance	Target
1	Left	Palm block	Middle	Middle
2	Right	Punch	Same	Middle
3	Left	Punch	Same	Middle
4	Right	Square block	Back L	High
5	Left	Reverse upward punch	Same	Middle
6	Right	Side punch	Middle	Middle
7	Right	Vertical knifehand strike	Standing L-stance	High
8	Left	Punch	Front	Middle
9	Left	Low block	Front	Low
10	Right	Punch	Front	Middle
11	Right	Forward leg side kick		Middle
12	Right	Knifehand strike	Back L	Middle
13	Left	Punch	Front	Middle
14	Right	Punch	Front	Middle
15	Left	Double knifehand block	Back L	Middle
16	Right	Reverse vertical spear thrust	Front	Middle
17	Left	Double knifehand block	Back L	Middle
18	Right	Turning round kick		Middle
19	Left	Turning round kick - land double knife hand guarding blocks	Land in a Back L	Middle
20	Left	Low block	Front	Low
21	Right	Reverse punch	Back L	Middle
22	Left	Reverse punch	Back L	Middle
23	Right	Reverse punch	Back L	Middle

Technique			Stance	Target
24	Left	Low X-block	Front	Low
25	Right	Rear elbow (Kihap)	Back L	Middle
26	Right	High/low block	Closed	High/low
27	Left	High/low block	Same	High/low
28	Left	Double knifehand block	Same	Middle
29	Right	Double knifehand block	Same	Middle
29 moves, Right Foot Returns				

Hwa Rang: (29 moves) is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwondo developed to maturity. (Right Foot Returns)

Choong-Moo

Red Belt
Parallel Ready Stance

Technique			Stance	Target
1	Left	Knifehand square block	Back L	High
2	Right	Knifehand strike/high block	Front	Middle/High
3	Right	Double knifehand block	Back L	Middle
4	Left	Horizontal spearhand	Front	High
5	Left	Double knifehand block	Back L	Middle
6	Right	Sidekick		Middle
7	Right	Double knifehand block		Middle
8	Right	Flying side kick		High
9	Right	Double knifehand block (Kihap)	Back L	Middle
10	Left	Low block	Back L	Low
11	Balanc	Head grab	Front	High
12	Right	Knee kick		Middle
13	Right	Downward palm block/Ridgehand strike	Front	High
14	Right	Turning round kick		High
15	Left	Reverse side kick (continuous motion)		Middle
16	Right	Double outer forearm block	Back L	Middle
17	Left	Turning round kick		Middle
18	Right	Pole block	Back L	Low/High
19	Right	Jump 360 Double knifehand block	Back L	Middle
20	Right	Reverse inverted spear thrust	Front	Low
21	Left	Low block/backfist	Back L	Low/High
22	Right	Vertical spear thrust	Front	Middle
23	Left	Double inner forearm block	Front	Middle

Technique			Stance	Target
24	Right	Inward block	Middle	Middle
25	Right	Backfist	Same	High
26	Right	Turning side kick		Middle
27	Left	Turning side kick		Middle
28	Right	Knifehand X-block	Back L	Middle
29	Left	Twin palm upward strike	Front	Middle
30	Left	High block	Front	High
31	Left	Reverse punch (Kihap)	Same	Middle
***30 moves, Left Foot Returns				

*** One move omitted for CTF training.

Choong Moo: (30) was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends in a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality, checked by the forced reservation of his loyalty to the king.

Testing

Congratulations! You have worked hard and are now ready to test.

Testing is an important part of the CTF teaching program. You must prepare by learning **all your patterns, definitions, and one-steps**. In addition, at Green Belt and above, you will be expected to **demonstrate what you have learned regarding free-sparring**. At Blue Belt and above, you will be expected to **participate in a power demonstration by breaking wood** at each testing. Be sure you have discussed your breaking techniques with your instructor and received approval of your selection prior to the testing. Wood is provided at the testing.

Come to the testing a little early to allow time to warm up and ask any last minute questions you may have.

Remember, this is a formal occasion and requires that you wear your traditional white uniform!

You will need to register in advance of the testing date. See your instructor to register and pay your testing fee.

Additionally, all white belts and any students whose membership has expired in the Choong Sil Taekwondo Federation will need to complete a CTF membership card and pay the annual membership fee before they test.

Testing is a very special occasion and a great time to demonstrate to your family and friends how much you have achieved! Be sure to bring them with you to the testing.

Good Luck!

Red Belt Testing Goals

Grades 1 & 2

	<u>Completed</u>
I. Attend class _____ times a week (Minimum classes between testings - 20)	___
II. Learn new patterns	
A) Hwa Rang	___
B) Hyun Sil	___
III. Board Break	
Hand Technique Selected _____ and	
Foot Technique Selected _____	___
IV. Free Sparring	___
V. Definitions	
A) Hwa Rang	___
B) Hyun Sil	___
VI. Review all previous material learned	___
VII. Special Goals:	
_____	___
_____	___
_____	___

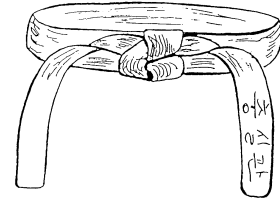
Red Belt Testing Goals

Grades 3 & 4

	<u>Completed</u>
I. Attend class _____ times a week (Minimum classes between testings - 20)	___
II. Learn new patterns	
A) Choong Moo	___
B) Hyun Sil	___
III. Board Break	
Hand Technique Selected _____ and	___
Foot Technique Selected _____	
IV. Free Sparring	___
V. Definitions	
A) Choong Moo	___
B) Hyun Sil	___
VI. Review all previous material learned	___
VII. Special Goals:	
_____	___
_____	___
_____	___
VIII. Black Belt Testing Application Completed	___

Choong Sil Taekwondo Federation

Application for Rank Testing



 Date Student # Expiration Date (Must be current to test)

 Name Weight Age (Yr./Mos.) Date of Birth

 Address: Street City State Zip

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 Home Phone E-mail Address

 Current Taekwondo School Instructor Name

 Date Training Began (Detail any other martial Arts experience you may have) Current Rank

 Last Testing Date Current Planned Test Date

 Applicant Signature Instructor's Signature

This form must be returned to CTF Headquarters no later than ten days (10) prior to intended testing at a Black Belt Testing and three (3) days prior to a school testing. If you are testing at your regular school testing, this sheet must be submitted to your instructor prior to testing. The testing fee should be included with this form.

Rank	Promotion date	Time at rank (months)
1 st Black Recommended	_____	_____
1 st Degree Black	_____	_____
2 nd Black Recommended	_____	_____
2 nd Black Decided	_____	_____

Board Breaking Testing Information (Must be completed in full)

Type of Board Break	Difficulty Level	Left\Right	# of Boards
_____	_____	R Hand	_____
_____	_____	L Hand	_____
_____	_____	R Leg	_____
_____	_____	L Leg	_____
_____	_____	L R	_____