



Solid Blue Belt with **Red Stripe** Belt Requirements

(Minimum 3 months & 25 Classes)

IN ADDITON TO EVERYTHING LEARNED AT THE PREVIOUS LEVEL(S)

1st Red Stripe (Basics)

Kicking Strikes

1. Hook Kick + Double Round Kick Combo
2. 5 Multiple Round Kicks without setting down
3. 3 Multiple Side Kicks balancing for 3 seconds
4. [Turn Side Kick](#)

2nd Red Stripe (Self-Defense)

Double Wrist Grab from the Front

1. Attacker starts in front of the defender.
2. Using both hands, attacker grabs both defender's hands.
3. Attacker pulls defender.
4. Defender steps up and anchors their body to resist the pull.
5. Defender strikes to the groin with a back leg front kick.
6. Defender follows up with clapping their hands together and pulling their hands free.
7. Defender strikes to the attacker's face with a two-handed hammer fist strike.
8. Defender steps away into a fighting stance.

3rd Red Stripe (Form)

Shin Gin Hyung (Full Form)

"Dawn of Truth"

Bo Staff Strikes

1. Chunbi
2. Charyo
3. Keyunge
4. 45 Degree Down Strike
5. Up + Down + Right + Left Combination
6. Cat Stance with a Thrust
7. Hook

4th Red Stripe (Sparring)