

PARK'S MARTIAL ARTS

217 Park Avenue, Long Beach NY 11561 | 516-432-6006
masterpark@parkstaekwondo.com | www.parkstaekwondo.com



RED BELT

BELT MEANING

The richness of autumn. The student is becoming rich in mental and physical skills.

REQUIREMENTS

<Red belt to Brown belt>

1. BASIC STANCES
2. TEN BASIC MOTIONS
3. FORWARD HANDS TECHNIQUE (Teen & Adult only)
4. TEN STEP
5. FORWARD KICKING COMBINATION
6. FALLING TECHNIQUE (NAK BUP)
7. SELF-DEFENSE
8. FORM – Tae Geyk Yuk Jang
9. BREAKING - Spinning Hook kick
10. TEN COMMANDMENTS
11. FREE SPARRING
12. TERMINOLOGY TEST
13. ALL EQUIPMENT
14. PROMOTION QUALIFICATION-
 - 1) 2 – 2 ½ months & up to 15 classes
 - 2) Instructor's approval

TERMINOLOGY

ENGLISH

Walking Stance
Long Stance
Back Stance
Tiger Stance
Kicking Stance

KOREAN

Ap suh gee
Ap ku bee
Dwit ku bee
Bum suh gee
Gyu ru gee jun be

What are the benefits of sparring classes?

Sparring demonstrates our mental discipline and our physical control of ourselves. It is much harder to control ourselves than to make contact.

TEN COMMANDMENTS

1. Be loyal to your country.
2. Be loving and show fidelity to your parents.
3. Be loving between husband and wife.
4. Be cooperative between brother and sister.
5. Be faithful to your friends.
6. Be respectful to your elders.
7. Establish trust between teacher and student.
8. Think before killing any living thing.
9. Never retreat in battle.
10. Always finish what you start SIR!