

PARK'S MARTIAL ARTS

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



RED & BLACK BELT

BELT MEANING

The end of autumn. The student refines his skills to the smallest details.

REQUIREMENTS

<Red & Black belt to Jr. Black 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 Pal Jang
9. BREAKING - Jumping Back kick
10. STUDENT PLEDGE
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	KOREAN
Good bye (you stay, I go)	An nyung he ke se yo
Good bye (I stay, you go)	An nyung he ka se yo
Good to see you	Ban gap sum ni da

The explanation of the Korean Flag?

The Korean flag is "Tae Guek Gi" in Korean. It symbolizes the thought, philosophy, and mysticism of the orient. The center of the flag has a circle that is divided into UM and YANG by a horizontal "S." This symbolizes the universe which is divided equally and locked in perfect balance. The bars located in the corners of the flag are called palgwe. Each trigram has a special meaning.



Gun, in the upper left corner, represents Heaven.
Gon, in the lower right corner, represents Earth.
Yi, in the lower left corner, represents Fire.
Gam, in the upper right corner, represents Water.

What is the physics of developing power?

Power (force) = Mass (weight) x Speed (acceleration)

Mass (weight) is your body weight

Speed (acceleration) is the movement of hands or feet.

Power (force) is achieved through concentration, yelling, balance and self-confidence

STUDENT PLEDGE

I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or my physical health.

I intend to develop self-discipline in order to bring out the best in myself and in others.

I intend to use what I learn in class constructively and defensively, to help myself and my fellow man and never be abusive or offensive. . . .

SIR!