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**Red Belt Terminolgy**

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| **Red belt signifies danger cautioning the student to exercise control and warning the opponent to beware.** |

What is Korean for:

1 step sparring **- Ilbo Matsoki** 3 step sparring - **Sambo Matsoki**

2 step sparring **-Ibo Matsoki** 3 step semi free sparring -**Ban Jayoo Matsoki**

Free sparring - **Jayoo Matsoki**

Research all of the following:

* What is the difference between 1, 2 and 3 step sparring?
* Who is your area representative?
* Why are there 24 patterns?
* How do we develop power in a pattern?
* What is the difference between a trust and a strike?

Which patterns have release moves in them? **- Do San, Joon Gun, Hwa Rang**

Give a brief history of Tae Kwon Do.

Give a brief history of the TAGB.

**Students should be able to name all stances.**

**Kicks**

* Downwards kick - Naeryo Chagi
* Crescent kick -Bandal Chagi
* Hooking kick -Golcha Chagi
* Reverse hooking kick -Bandae Dollyo Goro Chagi

**Attacking Techniques**

* Upwards punch -Ollyo Jurugi
* Knife hand downward strike -Sonkal Naeryo Taerigi
* Side elbow strike -Yop Palkup Tulgi
* Double punch -Doo Jurugi
* Upper elbow strike -Wi Palkup Taerigi

**Hwa Rang is the name given to the army of young warriors from the Silla Dynasty of Korea who became the driving force in the unification of Koreas 3 kingdoms. The 29 moves refer to the 29th Infantry Division where Tae Kwon Do was developed into maturity.**