



RED BELT

RED BELT

1. Red Belt


- ❖ Form: Basai
- ❖ One Step Sparring: 1 – 25
- ❖ Self-Defense: outside slice 1 – 4 , inside slice 1 – 4

2. Red Belt with I stripe

- ❖ Form: Basai , Nahainji cho dan
- ❖ One Step Sparring: 1 – 25
- ❖ Self-Defense: downward stab 1 – 4 , upward stab 1 – 4

3. Red Belt with II stripes

- ❖ Black belt prep
 - Muahahahahaha



**BASAI
HYUNG**

Basai Choom Be

- Extend both of your arms out to your sides with your right hand in a fist left hand open
 - bring your feet together in an attention stance
 - (when feet come together) bring your hand to the center straight out in front of you're your body (at the same time sliding your left foot to your right knee)
 - When your foot reaches your knee slowly bring your hands into your chest and lower your left foot to the ground
 - When the balls of your foot reaches the ground come up on the balls of your feet rolling your back into basai choom be

1. Turn your body 90 degrees to the Left

- ❖ still looking forward falling forwards to catch yourself in a bent knee crouch foot stance (**right in front of left**)
- ❖ execute a reinforced middle block with the right arm with the left hand pressed against the right wrist.

2. Look over your left shoulder

- ❖ stepping onto # 5 with your left foot and turn 180 degrees to the left to face back
- ❖ Immediately execute a middle block then a reverse middle block (**the 2 blocks are done in quick succession**) with the left foot forwards in **front stance**.

3. Look over the right shoulder and turn 180 degrees to the right to facing front with the right foot forwards and your right arm extended into a **front stance**

- ❖ Execute a reverse left arm outside to inside block followed by a right arm middle block (**the 2 blocks are done in quick succession**)

4. Look over the right shoulder

- ❖ pick up the right foot to the left knee
- ❖ hunch your body toward the right side executing a right hand low block down to the side of the right leg (**bending like a bow and arrow**) while looking right.

5. Look to the right

- ❖ Turn 90 degrees to the right to facing right stepping forwards into a right leg front stance
- ❖ execute an outside to inside block with the right arm
- ❖ left arm reverse middle block (**the 2 blocks are done in quick succession**).

6. Look over the left shoulder

- ❖ (**Preparation movement**) Turn 90 degrees to face front and pivot on both feet into **horse stance**
- ❖ left arm parallel to the floor at chest height
- ❖ at the same time right hand low palm strike to the groin
- ❖ grab and slowly pull the right and in (**in a slow breathing movement**) while bringing both fists to the right side.

7. Maintaining the same **horse stance**

- ❖ immediately execute a Soo do chop with the left hand
- ❖ then execute a middle punch with the right fist
- ❖ Pivot to the left into **front stance**
- ❖ execute a middle block with the right arm.

8. Execute a middle punch with the left fist and move both feet back into horse stance

- ❖ Pivot to the right into **front stance** and execute an middle block with the left arm.

9. “J” Step

- ❖ Half step with the left foot towards the right foot
- ❖ then step forwards with the right foot into **back stance** (the J step)
- ❖ execute a middle knife hand block.

10. Step forwards with the left foot and execute a middle knife hand block in **back stance**.

11. Step forwards with the right foot and execute a middle knife hand block in **back stance**.

12. Step backwards with the right foot into back stance

- ❖ cross the right hand over the left arm and execute a left middle knife hand block.

13. Shift the right foot to the back of the left foot

- ❖ use both hands to execute a right arm high block with left arm supporting it with the palms facing away from the body (**right in front of left**)

14. Execute a side kick with the right foot

- ❖ simultaneously pulling both hands down to the left side and Kiop
- ❖ Look to the left and turn 180 degrees to the left to face back with the left foot forwards in a **Back Stance**
- ❖ Execute a middle knife hand block


15. Step forwards with the right foot and execute a middle knife hand block in **back stance**.

16. Crane Maneuver

- ❖ Pull the right foot back so that both feet are together and lower your head in a bowing like movement spreading both arms out circling back to your hips
- ❖ Raise both arms above the head your fists are clenched doing a double high block with the palms facing out

17. Pushing your arms up and step forwards with the right foot into a **front stance**
 - ❖ and execute a double outside to inside hammer fist attack to the kidneys.
18. Jump forwards (**while in the air**)
 - ❖ execute a middle punch
 - ❖ reverse middle punch
 - ❖ middle punch
 - ❖ landing with the right foot forwards in a **front stance**
19. Look to the left
 - ❖ turn 180 degrees to the left to face front. Shift the left foot forwards into **front stance**
 - ❖ execute a low reverse palm attack with the right hand at 45 degrees and the left hand at the right shoulder
 - ❖ Pull the left foot back into **back stance** and execute a high middle block with the right arm and a low block with the left arm.
20. Move the left foot next to the right foot with both legs straight
 - ❖ Apply snap to the body while maintaining the position of both arms.

21. Execute an outside to inside blocking kick with the right foot to the front
- ❖ (Preparation movement) Balance on the left leg with the left knee slightly bent. Ready to execute the next movement.
 - ❖ Step down with the right foot into **horse stance** and execute a low block with the right arm.
22. Maintaining the same stance
- ❖ Look 180 degrees to the left to face back and extend the left open hand at shoulder height towards the back (in a **back hand slapping movement**).
23. Execute an outside to inside blocking kick with the right foot to strike the left open hand and hold the position
- ❖ Then step down with the right foot into **horse stance** and execute a right elbow attack to strike the left open palm.
 - ❖ Maintaining the same stance
 - ❖ Execute a low block with the right arm with the left arm supporting the right.
24. Maintaining the same stance
- ❖ execute a low block with the left arm with the right arm supporting the left. (**make sure that the right arm circles up and on-top of the left elbow**)
 - ❖ Maintaining the same stance
 - ❖ Again execute a low block with the right arm, with the left arm supporting the right. (**make sure that the left arm circles up and on-top of the right elbow**)

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25. Pivot on both feet and change into a right leg front stance to face back
 - ❖ Bring both fists to the left side and maintain the same height.
 26. From the same position, execute a high punch with the left fist (over top of your head)
 - ❖ middle punch with the right fist in front stance (cobra jaw movement)
 27. Pull the right foot back to the side of the left foot and bring both fists to the right side
 - ❖ applying hip snapping twist
 28. Execute an outside to inside blocking kick with the left foot
 - ❖ hold the position and Step forwards with the left foot into front stance
 - ❖ and execute a high punch with the right fist (over you head)
 - ❖ Middle punch with the left fist (cobra jaw movement).

29. Pull the left foot back to the side of the right foot and bring both fist to the left side

- ❖ while applying hip snapping twist

30. Execute an outside to inside blocking kick with the right foot

- ❖ hold the position, Step forwards with the right foot in **front stance**
- ❖ execute a high punch with the left fist (**over your head**)
- ❖ middle punch with the right fist (**cobra jaw**).

31. Look to the left and turn 270 degrees to the left

- ❖ with the body facing left and eyes focusing front in a **long front stance**.
- ❖ Execute a low sweeping back fist attack with the right hand

32. Still Look to the to the front Turn 180 degrees to the right

- ❖ your body facing right, in a **long front stance**
- ❖ Execute a low sweeping back fist with the left hand

33. “J Step”

- ❖ Half step towards the right foot with the left foot
- ❖ then shift the right foot forwards into **back stance**
- ❖ execute a middle knife hand block to the front.

34. Look to the right and turn 90 degrees to the right into **back stance**

- ❖ Execute a middle knife hand block.

35. Look to the front

- ❖ Fall forwards to the front and landing with the right foot
- ❖ then step forwards with the left foot into **back stance**
- ❖ execute a middle knife hand block and Kiop.



Self-defense



KNIFE SELF-DEFENSE

Outside Slice #1

Counts:

1. Step out with your right foot (**onto # 1**) pivot to your left into a side **horse stance**
 - ❖ do a left hand middle knife hand chopping block with a right hand hammer fist to the opponents forearm.
2. Right hand hammer fist to the opponents exposed temple.
3. Spin over you left shoulder doing a spinning back hammer fist to the opponents opposite temple.

Outside Slice #2

Counts:

1. Step out with your Right Foot on to #1 into a side **horse stance**
 - ❖ double hand middle knife hand block to attacker's arm.

2. Grabbing attacker's wrist with your Left hand
 - ❖ pulling your Right arm inward
 - ❖ Elbowing attacker's armpit.

3. Stepping over your opponents lead foot with your right foot
 - ❖ Turning your back to your opponent and continuing your turn stepping back with your left foot (**onto the #5**) in to a **front stance**
 - ❖ Pulling opponents knife back into attackers stomach slicing attacker
 - ❖ At the same time turning your in the same direction and pushing the attackers knife arm away behind the attacker.

Outside Slice #3

Counts:

1. Step out with your right foot (**onto #1**) into a **side horse stance**
 - ❖ Double hand middle knife hand block to the attackers arm.
2. Grabbing attackers wrist with your left hand
 - ❖ Pulling your right arm inward
 - ❖ elbowing attackers arm pit.
3. Stepping over your opponents lead foot with your right foot
 - ❖ turning your back to your opponent and stepping back with your left foot (**onto the #5**) into a **front stance**
 - ❖ Extending your right hand circling downward (**so that your right arm comes up in between the opponents attacking arm and rib cage**)
 - ❖ When your hand reaches head height, snap your hips back to the right into a **horse stance**
 - ❖ Grabbing opponent attacking shoulder with your right hand
 - ❖ At the same time with your left and forced the knife up to the middle of their back.

Outside Slice #4

Counts:

1. Step out with your right foot (**onto #1**) into a side **horse stance**
 - ❖ double hand middle knife hand block to the attackers arm.
2. Grabbing attacker's wrist with your left hand
 - ❖ Pulling your right arm inward
 - ❖ Elbowing attackers arm pit.
3. Right leg side kick to the side of the attacker's lead leg knee
 - ❖ landing in a **horse stance** with your back to the attacker and their attacking arm extended over your right shoulder.
4. Pull the attacker's down over your shoulder snapping the elbow.

Inside Slice #1

Counts:

1. Step out with your left foot (onto the #1 I) into a side horse stance
 - ❖ Double hand middle knife hand block to the attacker's arm.
2. Spin backwards with your right leg into a horse stance
3. Elbow the attacker's spine with your right elbow.
4. Walk away.

Inside Slice #2

Counts:

1. Lean back to dodge first slash of attack
 - ❖ Step out with your Left Foot (**onto #11**) into a side **horse stance**
 - ❖ double hand middle knife hand block to attacker's arm
2. Lift left elbow over attacker's arm while moving both hand into a wrist/hand grab (**play the video game**)
 - ❖ Step back with your right foot (**onto #8**) into a side **horse stance**
 - ❖ while holding your attackers arm locked under your left arm step back with your left foot on to your new #8
 - ❖ twisting the attacker's hand and wrist in an upper motion .
3. As your opponent falls to the floor allowing the momentum to spin the attacker around,
 - ❖ pulling the attacker's arm to roll them onto their stomach applying a wrist lock.

Inside Slice #3

Counts:

1. Step out with your left leg (**onto #11**) into a short side **horse stance**
2. Double middle knife hand block to attacker's arm.
3. Spin (**without moving your feet**) and do a right hand Soo do to the base of the attacker's skull

Inside Slice #4

Counts:

1. Step out with your left leg (**onto the #11**) into a side **horse stance**
 - ❖ Double middle knife hand block to attacker's arm.
2. Pivot backwards lifting your left arm up and over the attacker's attacking arm
 - ❖ Grabbing there wrist with your left hand
 - ❖ At the same time your right leg goes in between their legs.
3. Lift your right arm up and over there head in a yawning motion.
4. Release attacker's arm
 - ❖ At the same time twist your hip to the left pulling attacker over your right leg sweeping them to the floor with the head in a head locked position.



RED BELT I

Form:

1. Ba Sai Hyung
2. Naihanji Cho Dan Hyung

One Step Sparring:

1. 1-25

Self-Defense:

1. Downward Stab 1-4
2. Upward Stab 1-4

NAIHANJI CHO DAN HYUNG

Choom Be

1. Extend both hand out to palms open and facing the front
 - ❖ Sliding left foot to your right foot in an
2. Bringing both and inward so that the over lap in front of the face with your left hand on top
3. Bring your left foot up to your right knee,
 - ❖ kicking your elbows out to your side
4. Thrusting your finger tips downward like a spear as your left foot lowers toward the ground

1. Look to the right

- ❖ Drop to the right into a crossed leg stance with both knees bent (**left foot in front of right foot**) still looking straight (**at the number 12**)
- ❖ Lifting both hand up to your solar plexus and pushing down in a double palm block

2. Turn your head 90 degrees to the right step with the right foot into **horse stance** (**onto #3**)

- ❖ Extend the right open hand at shoulder height as a back hand slap
- ❖ Pulling the left fist to the left side.

3. Still in **horse stance**

- ❖ Execute an elbow attack with the left elbow to contact the right open palm (**slightly pivoting your feet to allow the elbow to strike the palm not the palm to strike the elbow**)

4. Look to # 12 still in **horse stance**

- ❖ Bring both fists to the right side

5. Turn your head 90 degrees to face # 9 still in horse stance
 - ❖ Low block with the left arm
 - ❖ Immediately execute a right hand punch at chest height (**the elbow slightly bent so not to extend past the front knee**)
 - ❖ Pulling the left fist to the left side

6. Step across toward the # 9 (**right foot in front of left foot**)
 - ❖ then step out with the left foot to land in horse stance (**on to the # 9**)
 - ❖ (**At the same time**) drop your punch hand and bring your left hand to the right shoulder
 - ❖ Execute a right hand middle block while looking to # 12

7. Bring your right hand to the left shoulder and left hand to your right hip facing # 12.
 - ❖ Execute a low block to the right side with the right arm and a high middle block (**mountain block**) to the left side with the left arm

8. Execute an reinforced outside to inside block with the left arm (**right fist to the left elbow, palm facing down**)

1. Looking toward #9

- ❖ lift the left foot up to the right knee before stamping back down into horse stance.
- ❖ Execute a middle block to the left with your right fist still in contact with your left elbow
- ❖ (maintaining the position of the arm) Looking to the right
- ❖ lift the right foot up to the left knee before stamping back down into horse stance.
- ❖ Executing an outside to inside block to the right (maintaining the position of the arm)

2. Looking to #12

- ❖ move both fists to the right side of the waist with the right palm facing upwards and the left palm facing down (keeping both fists level)

3. Looking to the left

- ❖ execute a side hammer fist to the left with the left fist
- ❖ middle punch with the right arm in front of the chest (both palms facing down) and Keop!

4. Still in horse stance and look to the left

- ❖ extend the left open hand at shoulder height in a back hand slapping motion
- ❖ shift the right fist to the right side of the waist

13. Execute a right arm elbow attack to the left open palm

- ❖ still maintaining a **horse stance** and looking to the left

14. Looking to the #12

- ❖ still in **horse stance**, and bring both fists to the left side

15. Looking to the right

- ❖ still in **horse stance** and low block with the right arm
- ❖ Immediately, execute a left hand punch at chest height
- ❖ (**with the elbow slightly bent**) pulling the right fist to the right side

16. Step across toward the # 3 (left foot in front of right foot)

- ❖ then step out with the right foot to land in **horse stance** on to the # 3
- ❖ At the same time, drop your punch hand and bring your right hand to the left shoulder executing a left hand middle block while looking to # 12

17. Bring your left hand to the right shoulder

- ❖ right hand to your left hip facing # 12
- ❖ Execute a low block to the left side with the left arm
- ❖ high middle block (**mountain block**) to the right side with the right arm

18. Execute an outside to inside block with the right arm

- ❖ left arm middle punch (**left fist to the right elbow, palm facing down**)

19. Looking toward #3

- ❖ lift the right foot up to the left knee before stamping back down into **horse stance**
- ❖ Execute a middle block to the right with your left fist still in contact with your right elbow (**maintaining the position of the arm and looking to the left**)
- ❖ lift the left foot up to the right knee before stamping back down into **Horse Stance**
- ❖ Executing an outside to inside block to the left (**maintaining the position of the arm**)

20. Looking to #12

- ❖ move both fists to the left side of the waist
- ❖ left palm facing upwards and the right palm facing down (**keeping both fists level**)

21. Looking to the right

- ❖ execute a side hammer fist to the right with the right fist
- ❖ middle punch with the left arm in front of the chest (**both palms facing down**)
- ❖ Keop!

KNIFE SELF DEFENSE

- Downward Stab: #'s 1-4
- Upward Stab: #'s 1-4

Downward Stab #1

Counts:

1. Step out onto #10 with your left leg into a **front stance**
 - ❖ high block with your left hand
 - ❖ right hand punch to the solar plexus
2. Right leg steps behind attacker's lead leg
 - ❖ as your right hand Plyer hands the attacker's throat
 - ❖ at the same time pivot your hips to the left (**forcing attacker's head into the ground**)

Downward Stab #2

Counts:

1. Step out with your Left Foot on to #11 into a **front stance**
 - ❖ high block with your left arm.
2. Right arm short vertical punch.
 - ❖ Stepping forward with your right foot into a **front stance**
 - ❖ pushing the attacker's arm back behind his center of balance
 - ❖ snaking your right arm in between yourself and the attacker grabbing your left wrist pulling strait down (**slightly bending your attacker's arm**) Slightly pulling down and forward sending attacker to the ground.

Downward Stab #3

Counts:

1. Step out with your left leg onto the #11
 - ❖ reverse high block with your right hand
2. Guide attacker's hand downward to shoulder level
 - ❖ at the same time bring your left hand around the outside of their neck and up and under the chin (**the back of your hand is flat against the right side of their face**)
3. (**Puff**) Pull attacker's arm back with your right hand
 - ❖ pull attacker's head toward the left with your left hand
 - ❖ inflate your chest as large as possible

Downward Stab #4

Counts:

1. Step out with your left leg onto the #10
 - ❖ reverse high block with your right hand
2. Guide the attacker's attacking hand downward (**grabbing it with your right hand**)
 - ❖ guiding it to your left hand that is down at belt level
3. Secure attacker's attacking wrist in both hand
 - ❖ step through with your right leg
 - ❖ lifting attacker's arm over your head continuing the circular motion of the swing
4. Step back though with your left leg pivoting your hips pulling then pushing attacker's hand away (**this technique will really twist the arm please be careful**)

Upward Stab #1

Counts:

1. (start in a fighting stance)
 - ❖ Small slide forward with your right leg
 - ❖ downward palm block with the left hand
2. Right hand reverse punch (center mass of the chest)
3. Right leg center mass power front snap kick.

Upward Stab #2

Counts:

1. Step out with your Left Foot on to #11 into a **front stance**
 - ❖ using your left arm to continue the upward stabbing motion of the attack until your left arm can grab attacker's wrist
2. Stepping forward with your right foot behind the attacker's lead leg
3. plyer hand attacker's neck sweeping them to the floor

Upward Stab #3

Counts:

1. Step out with your right leg onto #1 into a side horse stance
 - ❖ right arm forearm bash to attackers attacking forearm
2. Spin over your left shoulder into a horse stance
 - ❖ left elbow to attacker's left temple
3. Reach in between your legs and grab and pull attacker's leg (forcing them to the floor)
4. Right leg mule kick to attacker's exposed groin

Upward Stab #4

Counts:

1. Step back with your right leg (onto #6)
 - ❖ left hand swings and taps attacker's attacking wrist
2. Short spinning wheel kick to attacker's attacking hand
3. In the same spin continue into a spinning back kick to attacker's chest



**Red Belt with II
Stripes
Black Belt Prep**

Note to Students:

This is not going to be an easy test. You can expect to do over 2,000 techniques and over 1,000 push ups. Understand that this test is designed to push you beyond your previous concepts of self and prove to you that anything is possible as long as you try your best and your hardest. Remember the next couple pages of this packet are a basic starting point for your test and every test is different and harder than the one before it.

Practice guides for black belt exam

1. The following guides should be used one page each day as you practice your forms, one-step sparring, self-defense.
2. The following guides are set ups as each section of your exam
3. Remember perfect practice makes perfect

Kicking practice guide

Rear leg kicks (10 X each leg)

Front stretch kick

10 push ups

Inside to outside kick

10 push ups

Outside to inside kick

10 push ups

Front snap kick

10 push ups

Round house kick

10 push ups

Side kick

10 push ups

Side hook kick

10 push ups

Back kick

10 push ups

Short spinning wheel kick

10 push ups

Spinning back hook kick

10 push ups

Long spinning wheel kick

10 push ups

Kicking practice guide

Front leg kicks (10 X each leg)

- Front stretch kick**
 - 10 Sit ups
- Inside to outside kick**
 - 10 Sit ups
- Outside to inside kick**
 - 10 Sit ups
- Front snap kick**
 - 10 Sit ups
- Round house kick**
 - 10 Sit ups
- Side kick**
 - 10 Sit ups
- Side hook kick**
 - 10 Sit ups

Kicking practice guide

Step in-front kicks (10 X each leg)

- Front stretch kick**
 - 10 push ups
- Inside to outside kick**
 - 10 push ups
- Outside to inside kick**
 - 10 push ups
- Front snap kick**
 - 10 push ups
- Round house kick**
 - 10 push ups
- Side kick**
 - 10 push ups
- Side hook kick**
 - 10 push ups

Kicking practice guide

Step Behind kicks (10 X each leg)

Front stretch kick

20 Jumping jacks

Inside to outside kick

20 Jumping jacks

Outside to inside kick

20 Jumping jacks

Front snap kick

20 Jumping jacks

Round house kick

20 Jumping jacks

Side kick

20 Jumping jacks

Side hook kick

20 Jumping jacks

Kicking practice guide

Skipping kicks (10 X each leg)

- Front stretch kick**
 - 10 Deep Knee Bends
- Inside to outside kick**
 - 10 Deep Knee Bends
- Outside to inside kick**
 - 10 Deep Knee Bends
- Front snap kick**
 - 10 Deep Knee Bends
- Round house kick**
 - 10 Deep Knee Bends
- Side kick**
 - 10 Deep Knee Bends
- Side hook kick**
 - 10 Deep Knee Bends

Kicking practice guide

Rear leg chambering jump kicks (10 X each leg)

Front stretch kick

10 push ups

Inside to outside kick

10 push ups

Outside to inside kick

10 push ups

Front snap kick

10 push ups

Round house kick

10 push ups

Kicking practice guide

Front leg chambering jump kicks (10 X each leg)

Front stretch kick

10 Squatting Jumps

Inside to outside kick

10 Squatting Jumps

Outside to inside kick

10 Squatting Jumps

Front snap kick

10 Squatting Jumps

Round house kick

10 Squatting Jumps

Kicking practice guide

Rear leg jump kicks NO chamber (10 X each leg)

Front stretch kick

10 Lunges

Inside to outside kick

10 Lunges

Outside to inside kick

10 Lunges

Front snap kick

10 Lunges

Round house kick

10 Lunges

Side kick

10 Lunges

Side hook kick

10 Lunges

Back kick

10 Lunges

Short spinning wheel kick

10 Lunges

Spinning back hook kick

10 Lunges

Kicking practice guide

Front leg Jump kicks NO chamber (10 X each leg)

Front stretch kick

10 Jump Knees to the chest

Inside to outside kick

10 Jump Knees to the chest

Outside to inside kick

10 Jump Knees to the chest

Front snap kick

10 Jump Knees to the chest

Round house kick

10 Jump Knees to the chest

Side kick

10 Jump Knees to the chest

Side hook kick

10 Jump Knees to the chest

Punching practice guide

In a fighting stance (10 X each hand)

Jab

20 Can Can fornt snap kicks

Hammer Fist

20 Can Can fornt snap kicks

Back Fist

20 Can Can fornt snap kicks

Reverse Punch

20 Can Can fornt snap kicks

Reverse elbow

20 Can Can fornt snap kicks

Side Hammer Fist

20 Can Can fornt snap kicks

Spinning Back Fist

20 Can Can fornt snap kicks

Punching practice guide

In a Horse stance (10 X each hand)

High Punch

- 10 Machine gun round house kick

Middle Punch

- 10 Machine gun round house kick

Low Punch

- 10 Machine gun round house kick

High, Middle, Low Punch combo

- 10 Machine gun round house kick

Spear Hand

- 10 Machine gun round house kick

Plyer Hand

- 10 Machine gun round house kick

Palm Strike

- 10 Machine gun round house kick

Soo doo

- 10 Machine gun round house kick

Ridge Hand

- 10 Machine gun round house kick

Punching practice guide

In a Horse stance (10 X each hand)

High Block

100 Middle punches

Middle Block

100 Low Punches

Low Block

100 High Punches

High Knife-hand Block

100 Middle Punches

Middle Knife-hand Block

100 Low Punches

Low Knife-hand Block

100 High Punches