

Red Belt Curriculum

Red Belt Pattern, 28 Movements

Palgwe Sah Chong

<u>Direction</u>		<u>Stance</u>	<u>Action</u>
L	¼ turn	Back	Middle and High Block Uppercut
		Stand	Palm Down Knife Hand Strike
R	½ turn	Back	Middle and High Block Uppercut
		Stand	Palm Down Knife Hand Strike
L	¼ turn		Double Knife Hand Middle Block
		Kiroki	Front Kick
		Front	Spear Finger Attack
L	¼ turn	Kiroki	Twist Low
	¾ turn	Front	Turn Around, Hammer Fist Outside Attack Middle Punch (Kiyap)
L	¾ turn	Back	Middle and High Block Uppercut
		Stand	Palm Down Knife Hand Strike
R	½ turn	Back	Middle and High Block. Uppercut
		Stand	Palm Down Knife Hand Strike
L	¼ turn		Double Knife Hand Middle Block
		Kiroki	Front Kick
		Front	Spear Finger Attack
L	¼ turn	Kiroki	Twist High
L	¾ turn	Front	Hammer Fist Outside Attack Middle Punch
L	¾ turn	Sitting	Low Block
		Front	Reverse Hand Middle Punch
R	½ turn	Sitting	Low Block
		Front	Reverse Hand Middle Punch

Red Belt Basics

Front Stance

Elbow Strike Sideways

Elbow Strike Upward

Front Kick, Spear Finger Attack

Low Block, High Punch

Back Stance

Middle/High Block

Upper Cut

Low Block, Change to Front Stance, Reverse Mid. Punch

Red Belt Kicking Combination

360 Round House Kick/Round House Kick/

Spinning Back Kick

Red Belt Self Defense

Jab, Cross, Parry, Arm lock