



Red Belt Curriculum

Red Belt Combinations:

All combinations are offensive

1. Front punch, lunge punch, reverse side kick, back punch.
2. Front hook kick, back round kick, back reverse side kick, back punch.
3. Front round kick, back reverse side kick, back round kick, back ridge hand.

6 Count round kick/sidekick

1. Round kick fold and chamber
2. Round kick snap and refold
3. Sidekick chamber
4. Sidekick thrust and lock
5. Sidekick refold
6. Foot down

Form: *Meegook*, meaning America #1-20

Chun-bi: Right hand covering left fist, chin level

1. Look left and upward, high closed stance, right fold on top, left high chop low right chop
2. Look right and upward, high closed stance, fold left on top, right high chop left low chop
3. Low back stance, right chop block and **yell**, left back punch, right chop block
4. Move left foot to right foot and step up, right palm heel strike (high)
5. Step forward, right leg front kick, left back punch
6. Turn south, high back stance, left chop block, right back punch, left chop block
7. Step forward, left front kick, right back punch
8. Turn north, high back stance, right chop block, left back punch, right chop block

9. Step back (right foot to left foot), right hand covering left fist
10. Look right upward, high closed stance, fold left on top, right high chop, left low chop
11. Look left and upward, high closed stance, fold right on top, left high chop, right low chop
12. Low back stance, left chop block and **yell**, right back punch, left chop block
13. Move right foot to left foot and step up, left palm heel strike (high)
14. Step forward, left leg front kick, right back punch
15. Turn south, high back stance, right chop block, left back punch, right chop block
16. Step forward, right front kick, left back punch
17. Turn north, high back stance, left chop block, right back punch, left chop block
18. Left front stance, left palm heel strike (high), slowly pull left hand in, quickly pivot and execute right palm heel strike (low twist stance)
19. Step forward, right front stance, right palm heel strike, slowly pull right hand in, quickly pivot and execute left palm heel strike (low twist stance)
20. Turn south, bring right foot to left, step into a front stance, right eagle strike and **yell**
21. Step into a high closed stance, right foot to left foot, facing west, double side chops
22. Look north, towards your right, right chop block (keep feet together)
23. Going south, step-in chop with your right, left spinning chop block, right back punch
24. Right foot steps to left facing west, closed fist, low X block followed by high double "V" chop
25. Turning south, step with left foot, right hand high chop, left rising block in high twist stance
26. Right back front kick, double fist fold, right back fist and **yell** in crossed stance
27. High back stance, fold right on top, right low chop, left high chop
28. High twist stance, right rising block, left chop
29. Left back leg front kick, left back fist and **yell** in crossed stance
30. Turn north, right chop block, left back punch
31. Left chop block, right back punch



32. Right foot to left facing west, closed fist, low X block chin level followed by high double "V" chop
33. Going north, offensive right leg sidekick, left back punch
34. Turn south, left chop block, right back punch
35. Right foot to left, cross wrists (left outside), double chop down at sides, making full arc to a fold with the right hand on top
36. Turn north, right chop block, left back punch and **yell**
37. Left step to right, high closed stance, cross wrists (left outside), hands up making full downward arc to right hand over left fist to chin level
38. Bow

Sparring (Be sure to use light contact)

1. Mixed Rhythm Sparring
- Rhythm sparring with mixed count. 1st partner throws 1 technique, 2nd partner throws 2 techniques, 1st partner throws 3 techniques, 2nd partner throws 1 technique, etc.
2. Free Sparring
3. Point Sparring
4. Full Contact Drills (Adults)

Self-Defense – Full-Nelson

1. Attacker grabs
2. Student foot stomps
3. Student drops to low open stance with double arm downward snap
4. Student grabs collar of attacker and executes hip throw
5. Keep holding onto attacker and follow-up with a palm heel to the face