

Your Martial Arts Journey

The Roadmap to Red Belt

Character Focus: Responsibility *"Responsibility means doing the right thing, even when no one is watching."*

RED STRIPED BLUE BELT

Martial Arts

- ☐ Demonstrate Sohn Mohk Soo 6–11
- ☐ Learn the first half of Joong Geup Hyung
- ☐ Demonstrate all previous techniques confidently
- ☐ Perform required Jul Bohng combinations
- ☐ Complete required board break
- ☐ Demonstrate Jump Sidekick correctly

Fitness

- ☐ Front Stance for **30 seconds** - balance object
- ☐ Perform **15 quality push-ups**
- ☐ Perform **25 sit-ups**
- ☐ Demonstrate controlled spinning back kick
- ☐ Maintain balance after every technique

Knowledge

- ☐ Count to **20 in Korean**
- ☐ Explain the meaning of soft-circle-together
- ☐ Korean name of all forms
- ☐ Identify every stance by name
- ☐ Explain proper bowing etiquette

Black Belt Attitude

- ☐ Arrive prepared for every class
- ☐ Practice at home each week
- ☐ Hold pads safely and correctly
- ☐ Encourage younger students
- ☐ Demonstrate self-control at all times

Testing Demonstration

- ☐ Sohn Mohk Soo 1, 2, 3, 5, 9 & 11
- ☐ Joong Geup Hyung
- ☐ Julbohng Skills #2 & #3
- ☐ Basic leadership - class count & demo
- ☐ Walking kicks & 1-4 of punching combos
- ☐ Turnback Sidekick Board Break

RED BELT

Martial Arts

- ☐ Demonstrate Eue Bohk Soo 1–7
- ☐ Perform Joong Geup Hyung independently
- ☐ Demonstrate all previous curriculum
- ☐ **Learn Low Spin Kick**
- ☐ Successfully complete required board breaks
- ☐ Ki Cho Hyung BohngAh JaSe

Fitness

- ☐ Hold Horse Stance for **30 seconds**
- ☐ Perform **15 quality push-ups**
- ☐ Perform **30 lunges**
- ☐ Demonstrate L&R spin kicks -horizontal heel
- ☐ Show flexibility improvement

Knowledge

- ☐ Explain Kuk Sool's three branches
- ☐ Demonstrate required Korean terminology
- ☐ Explain Korean flag symbolism
- ☐ Know how to write the Korean alphabet
- ☐ Demonstrate testing etiquette

Black Belt Attitude

- ☐ Take responsibility for your own progress
- ☐ Help newer students respectfully
- ☐ Demonstrate leadership during class
- ☐ Meet attendance goal
- ☐ Practice consistently outside of class

Testing Demonstration

- ☐ Sohn Mohk Soo 6, 9 & 11
- ☐ Eue Bohk Soo 1, 3, 6 & 7
- ☐ Joong Geup Hyung
- ☐ Double JulBohng Baiscs
- ☐ Jumping out of techniques with Hwejuhn & Kihap
- ☐ Punching Drills 1-6
- ☐ Punch Board Break