

Testing for **Red Belt**

Requirements

- Attend a minimum of 60 classes during the six months after you receive your blue belt
- Count from 1-70 in Korean
- Perform Blue Belt Form- *Tae Geuk Yuk Jang*
- To Demonstrate and understand names of all basic, intermediate, and advanced kicks (6 Times)
- Do push-ups and sit-ups
- Complete 4-2 minute round of free sparring (W.T.F. approved sparring gear with school logo is required)
- Break 5 boards- utilizing the students preferred means of breaking (Creative Breaking)

This test is split into 2 Parts:

Part 1: Warm-up, kicks, push-ups, sit-ups, breaking, and counting in Korean

Part 2: Forms, Sparring, and warm-up

For Red, Brown, and Black Belts:

As part of the belt test rules and regulations of Master Song's Martial Arts School, all Red, Brown and Black Belts must assist in a certain number of classes in order to pass onto the next level.

- 1) Once you receive your red, brown, or black belt you must contact the office to set up your schedule for assisting with class warm-up.
- 2) Ask a staff member to record in the chart each time you assist with the class warm-up.
- 3) The dates you assist with the class warm-up must coincide with your attendance in class. (Don't forget to bring in your ID card)
- 4) If you are unable to attend class for which you are scheduled to assist with the class warm-up, please provide the school with a 24 hour advance notice and you will not receive credit for the warm-up.
- 5) Leading the class warm-up will help students to develop self-confidence, courage, leadership and responsibility.

"In Guwa Ung Bo"

(Treat others as you would have them treat you.)