

2nd Geub - RED BELT

I. Korean Language

- A. Cross stance - Koe Ah Saw Kee
- B. Back fist - Dihng Joo Mawk
- C. Jump front snap kick - Deeah Ahp Chah Kee
- D. Jump side kick - Deeah Yawp Chah Kee
- E. Jump back kick - Deeah Dwee Chah Kee
- F. Respect - Joen Kyawng
- G. Confidence - Chah Sheen
- H. Patience - Een Nae
- I. Attitude - Chah Sae

II. Basic Moves

- A. Inside palm push block from tiger stance
- B. Double knifehand low block from back stance
- C. Palm block with back fist strike from tiger stance
- D. Scissor block from front stance
- E. Double outside middle block from front stance
- F. Double kidney strike
- G. X block from front stance

III. Basic Kicks

- A. Jump back kick
- B. Flying side kick

IV. Form(s)

- A. Tae Kihk Cheel Jahng
 1. Starting from ready stance, look to your left, ready your arms for right **palm push block** and slide left foot toward your left and then turn 90 degrees into **tiger stance** while executing block.
 2. Execute a right **front snap kick** while remaining on the ball of your left foot, then (without lowering your kicking leg) ready your arms for left **inside middle block** then bring your right foot back (behind your left foot) into left **back stance** while executing block.
 3. Look over your right shoulder, ready your arms for left **palm push block**, slide your right foot back then turn 180 degrees into **tiger stance** while executing block.
 4. Execute a left **front snap kick** while remaining on the ball of your right foot, then (without lowering your kicking leg) ready your arms for right **inside middle block** then bring your left foot back (behind your right foot) into right **back stance** while executing block.
 5. Look to your left, ready your arms for left **double knifehand low block**, slide your left foot toward your left then turn 90 degrees into a left **back stance** while executing block.
 6. Ready your arms for right **double knifehand low block** then step forward into right **back stance** while executing block.
 7. Look to your left, ready your arms for supported right **palm push block** and slide your left foot 90 degrees to left **tiger stance** while executing block. Then (without changing your stance) execute a right **backfist strike**.
 8. Look to over your right shoulder, ready your arms for supported left **palm push block**, pivot on the balls of your feet 180 degrees to right **tiger stance** while executing block. Then (without changing your stance) execute a left **backfist strike**.

