



KICKSIDE
MARTIAL ARTS

RED BELT Stripe Requirements

*1st Black Stripe: *requires 40 classes and skipped testing to earn**

1. Eight movements of Chung-Moo, without assistance
2. Explain the meaning of Red Belt
3. Good Attendance
4. Consistent Effort

2nd Black Stripe:

1. Eighteen movements of the form, without assistance
2. All required knowledge of Chung-Moo
3. Good Attendance
4. Consistent Effort

3rd Black Stripe:

1. All Thirty movements of the form, without assistance
2. Demonstrate Won-Hyo and Yul Guk (Green and *Senior Green Belt Forms*) and required knowledge
3. Good Attendance
4. Consistent Effort

4th Black Stripe:

1. Self Defense #7, #8
2. Good Attendance
3. Consistent Effort

5th Black Stripe:

1. Self Defense #9
2. Demonstrate curriculum kick
3. Good Attendance
4. Consistent Effort

To Earn a SENIOR RED BELT:

Students must be able to perform all skills listed above upon request.

Minimum of 72 Classes. Must skip one testing cycle.

Positive Attitude towards fellow students and instructors.

Students must achieve personal best at this level.



KICKSIDE
MARTIAL ARTS

RED BELT Study Guide

Red Belt

Form: Chung-Moo

Meaning of Chung-Moo: Chung-Moo was the name given to Admiral Hi Sun Sin of the Yi Dynasty. He was presumed to have invented the first armored battleship in 1592. The ship, the Kobukson (*translated as turtle ship*) has been considered to be the precursor to today's submarine.

Number of Combinations: 30

Red Belt represents the danger that comes with Martial Arts skill without self-defense; the control of ones body, mind and emotion.

Green Belt Form Won-Hyo has twenty-seven combinations and was named after the monk that introduced Buddhism to Korea in 686 AD. **Yul-Guk, the Senior Green Belt Form**, was the pen name of Yi-I a philosopher and scholar who is known as the Confucius of Korea.

Board Braking Restrictions for Belt Testing: No hammerfists or side kicks unless student adds jump or spin to the techniques.
(*Demonstrate One Hand Technique and One Kick*)