

# Red Belt

## Danger & Control

**Meaning of the Red Belt** - *Red Belt signifies danger, warning the student to exercise control and the opponent to stay away.*

You've done it! You've been awarded a red belt, that coveted level just before Black Belt. What does it mean to you? You are now considered an advanced student, ready to refine and polish the basic techniques you have already learned. You have demonstrated that you have power with your board breaks.

You must now realize the importance of controlling yourself and your techniques to prevent injury to others.

All basic techniques are now available in your sparring sets. It is time to focus on improving your existing skills. You must also learn patience since this is usually a lengthy process. You will no longer be able to test at every school testing, nor is it very easy to advance more than one stripe at a time.

At red belt, you will learn three new patterns:

1. Hyun Sil
2. Hwa Rang
3. Choong Moo

Hyun Sil is the third discipline pattern in the Choong Sil series. Hyun Sil means actualization or the development of a strong work ethic. To advance to Black Belt requires dedication, perseverance and hard work. As you refine your technique, many of the changes may seem small, but each one is important.

The Hwa Rang, the flower of Korean manhood, were a group of elite young men who trained not only in martial arts, but also in painting, calligraphy and other arts during the Silla dynasty. Most of the future leaders of the country developed through the Hwa Rang. General Choi Hong Hi trained the elite 29th Infantry Division during the Korean War in special martial arts techniques. They became the equivalent of our Special Forces. Following the war, General Choi organized the various kwons (schools of martial arts) into a new system of martial arts known as taekwondo.

General Choi later formed the International Taekwondo Federation (ITF) which exists today and is headquartered in Toronto, Canada. The ITF is one of the two primary international taekwondo federations. The World Taekwondo Federation (WTF) was formed by and is still the official arm of the Korean government. It, too, is international in scope and has thousands of members worldwide. These organizations have undergone many changes in recent years but they represent the two principal types of Taekwondo practiced today.

# Red Belt Patterns

## **Hwa Rang:**

(29 moves, right foot returns)

Hwa Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

## **Choong Moo:**

(30 moves, left foot returns)

Choong Moo was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potential, checked by the forced reservation of his loyalty to the king.

## **Hyun Sil:**

(50 moves, left foot returns)

Hyun Sil means "Actualization." Actualization is to take the first step and enter into the process of the work and reward system. The development of a strong work ethic is the most important element in this philosophy. Even the most average of people can achieve excellence with a positive work habit.

# Red Belt Board Breaking Requirements

At the rank of Red Belt, the student continues to make a power demonstration at each testing.

Typically, children will break only a single board at each station while adults typically break two boards. At Red Belt, the minimum testing requirement is for the student to break using two different techniques, one hand and one foot, at each testing. You and your instructor should decide what breaking techniques you should use, however, you should not use the same technique as you have used before unless it is on a different side or you are breaking more boards at that station than you did last time. The instructor's job is to guide the student in selecting techniques which are appropriate for the student's ability and will provide the student with sufficient challenge.

## Testing Procedures

At testing, the student is given three chances to break his/her board stations. Sometimes the instructor may allow additional attempts if he or she feels it is appropriate.

Students should be prepared to set up their board break stations quickly, and with a minimum of practice attempts.

When ready, the student will face the judges and bow, then begin their breaking attempts. **It is not appropriate to make additional practice attempts after bowing to the judges.**

If you do not break all stations, you may take time to adjust any station and then bow in again. Always stop and bow in to the judges before making each additional attempt.

# Testing

Congratulations! You have worked hard and are now ready to test.

Testing is an important part of the CTF teaching program. You must prepare by learning **all your patterns, definitions, and one-steps**. In addition, at Green Belt and above, you will be expected to **demonstrate what you have learned regarding free-sparring**. At Blue Belt and above, you will be expected to **participate in a power demonstration by breaking wood** at each testing. Be sure you have discussed your breaking techniques with your instructor and received approval of your selection prior to the testing. Wood is provided at the testing.

Come to the testing a little early to allow time to warm up and ask any last minute questions you may have.

**Remember, this is a formal occasion and requires that you wear your traditional white uniform!**

You will need to register in advance of the testing date. See your instructor to register and pay your testing fee.

Additionally, all white belts and any students whose membership has expired in the Choong Sil Taekwondo Federation will need to complete a CTF membership card and pay the annual membership fee of \$25.00 before they test.

Testing is a very special occasion and a great time to demonstrate to your family and friends how much you have achieved! Be sure to bring them with you to the testing.

***Good Luck!***

# Red Belt Testing Goals

## Grades 1 & 2

	<u>Completed</u>
I. Attend class _____ times a week (Minimum classes between testings - 20)	___
II. Learn new patterns	
A) Hwa Rang	___
B) Hyun Sil	___
III. Board Break	
Hand Technique Selected _____ and	
Foot Technique Selected _____	___
IV. Free Sparring	___
V. Definitions	
A) Hwa Rang	___
B) Hyun Sil	___
VI. Review all previous material learned	___
VII. Special Goals:	
_____	___
_____	___
_____	___

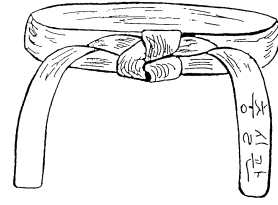
# Red Belt Testing Goals

## Grades 3 & 4

	<u>Completed</u>
I. Attend class _____ times a week (Minimum classes between testings - 20)	___
II. Learn new patterns	
A) Choong Moo	___
B) Hyun Sil	___
III. Board Break	
Hand Technique Selected _____ and	___
Foot Technique Selected _____	
IV. Free Sparring	___
V. Definitions	
A) Choong Moo	___
B) Hyun Sil	___
VI. Review all previous material learned	___
VII. Special Goals:	
_____	___
_____	___
_____	___
VIII. Black Belt Testing Application Completed	___

# Choong Sil Taekwondo Federation

## Application for Rank Testing



Current Planned Test Date      Student #      Expiration Date (Must be current to test)

Name      Weight      Age (Yr./Mos.)      Date of Birth

Address: Street      City      State      Zip

(      )  
Home Phone      E-mail Address

Current Taekwondo School      Instructor Name

Date Training Began (Detail any other Martial Arts experience you may have)      Current Rank      Last Testing Date

Applicant Signature      Instructor's Signature

*This form must be returned to CTF Headquarters no later than ten days (10) prior to intended testing at a Black Belt Testing and three (3) days prior to a school testing. If you are testing at your regular school testing, this sheet must be submitted to your instructor prior to testing. The testing fee should be included with this form.*

Rank	Promotion date	Time at rank (months)	MINIMUM TIME	MIN. AGE *
Colored belt			24 months	No minimum
1 <sup>st</sup> Black Recommended			6 months	No minimum
1 <sup>st</sup> Degree Black			12 months	No minimum
2 <sup>nd</sup> Black Recommended			6 months	12 ½ Years
2 <sup>nd</sup> Black Decided			24 months	13 Years

\* - If you do not meet the minimum age requirements then you are required to spend additional time at black belt ranks. Please check with your instructor to see when you will be eligible to test for higher rank.

### Board Breaking Testing Information (Must be completed in full)

Type of Board Break	Difficulty Level	Left/Right	# of Boards	Board Size
_____	_____	R Hand	_____	_____
_____	_____	L Hand	_____	_____
_____	_____	R Leg	_____	_____
_____	_____	L Leg	_____	_____
_____	_____	L R	_____	_____