

# RED BELT POCKET STUDY GUIDE

## FIRST BLACK STRIPE:

### Positive Self-Confidence:

- Winning Black Belts have the ability to accomplish anything they want to achieve. Winners understand that a strong belief in themselves and hard work will result in achieving their goals.

### Endurance Requirement:

- 100 horse-stance punches in 60 seconds

## SECOND BLACK STRIPE:

### One Step Sparring #7

1. Step back with right leg into front stance. Ki Hap.
2. Back leg outside-inside kick (keep leg up), side kick
3. Drop leg, reverse high punch (left hand).
4. Grab opponents neck with left hand, knee strike (left leg), face towards the left, elbow strike (right hand) to back of opponents neck. Ki Hap.

### One Step Sparring #8

1. Step back with left leg into front stance. Ki Hap.
2. Back leg outside-inside kick (keep leg up), side kick
3. Drop leg, reverse high punch (right hand).
4. Grab opponents neck with left hand, knee strike (right leg), face towards the right, elbow strike (left hand) to back of opponents neck. Ki Hap

## THIRD BLACK STRIPE:

1. Step to the left in a back stance, high soo do double forearm block.
2. Turn to the right in a back stance, high soo do double forearm block.
3. Step down the middle (left leg), low twin fist block.
4. Step in a back stance, middle twin fist block (right hand).
5. Look to the left, prepare for side kick (left leg).
6. Left leg side kick, grab with left hand, elbow strike (right hand).
7. Turn to the right in a back stance, solar plex block (right hand).
8. Step right foot to left, shift left hand, solar plex block (left hand), pull left hand back, prepare for side kick (right leg).
9. Right leg side kick, grab with right hand, elbow strike (left hand).
10. Twist body down middle, high soo do block (left hand), and high soo do chop (right hand).
11. Keeping hands in place, right leg front kick, hop forward, crossing right leg over left, back fist. Ki Hap.

## FOURTH BLACK STRIPE:

12. Turn in the opposite direction, in a 45° angle to the left, cross hands, energy press, close hands.
13. Twist right hand, right leg front kick, middle punch (right hand), middle punch (left hand).
14. Step to the right, in a 45° angle, cross hands, energy press, close hands.
15. Twist left hand, left leg front kick, middle punch (left hand), middle punch (right hand).
16. Step down the middle with your left leg in a back stance, middle twin fist block (left hand).
17. Step in a back stance, middle twin fist block (right hand).
18. Step in a back stance, middle twin fist block (left hand), switch to front stance, neck grab.
19. Knee strike (right leg) Ki Hap, turn in the opposite direction, in a 45° angle, middle soo do block (right hand).
20. Step to the right, in a 45° angle, middle soo do block (right hand).

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