

Red Belt

III Soo Sik Requirements

Special Instructions!

A. Each red belt one-step sparring combination consists of an attacker and a defender. The attacker assumes a low defense position stepping back with the right leg into a strong front stance. When the defender is prepared he/she signals the attacker with a loud Ki Aup. The attacker then executes a walking high front punch in a front stance. The defender then executes the appropriate defense and counter attack combination as described below.

B. It should be noted that the defender begins each combination from Choon Bee - the ready stance position and complete each combination by assuming the defensive position (fighting stance).

Combination #1:

Step forward 45 degrees with right foot into horse stance and both fists chambered on the right hip. Execute a simultaneous left knife hand block and high right hand punch. Step back with left leg into back stance and execute a middle front leg front kick followed by a middle left hand reverse punch then high right hand punch.

Combination #2:

Step forward 45 degrees with right foot into horse stance and both fists chambered on the left hip. Execute a left hand middle punch then chamber both hands to the right hip. Execute a simultaneous left knife hand block and high right hand punch. Step back with right leg into a back stance and execute a high turning right leg side kick, then land with right leg in front stance. Follow with middle left hand reverse punch and a high right hand punch.

Combination #3:

Step backward with your left foot into a back stance executing a right hand outside-in palm block. Cross arms (right hand on top) and while stepping forward with right foot into horse stance, execute a right elbow strike to the solar plexus. Turning towards the left, bring the left foot beside the right with your heels facing your target. Execute a high left leg back kick followed by a middle right hand reverse punch and a high left hand punch in a front stance.

Combination #4:

Execute number three technique and when turning towards the left, execute a rear left elbow attack to the ribs. Turning towards the right, step backwards with the right foot into a back stance. Execute a right leg round kick to the face and land in a front stance, follow with a middle left hand punch and a right outside-in knife hand attack to the neck.