



Red Belt Training & Grading Notes

These notes show the minimum number of techniques required to advance to the next grade. Further variations and techniques are allowed where discussed with your instructors beforehand. Short stick use in self defence and against kicks are developed in this grade. You may also be asked to demonstrate self-defence techniques, or patterns, from any other grade.

Tan-jon breathing & pattern

Students will be taught the Red-belt pattern, and must also practice the previous three patterns. Must also repeat Basic 1 to an excellent standard.

Self defence techniques

A series of techniques using joint manipulation or locks to subdue your opponent.

- **Double ear slap** Block, shoot arm through, turn into full nelson. Other choke variations allowed.
- **Arms pinned bear-hug from front** Thumbs into top of groin, pivot and hip throw
- **Arms pinned bear-hug from front** Thumbs into top of groin, trip or sweep takedown.
- **Same-side single wrists grab** Boo chae from both pulling and pushing
- **Cross-hand single wrist grab** Boo chae from both pulling and pushing
- **Double wrist grab** Fireman's throw
- **Double shoulder grab from behind** Step forward with push, wrist crank & escort hold.

Short stick self defence

Demonstrate basic self-defence techniques using the baton/short stick (30 – 50cm).

- **Straight arm lapel grab** Stick-assisted arm-bar
- **Bent arm lapel grab** Roll stick on back of wrist
- **Double shoulder grab** Stick assisted arm lock
- **Two-handed wrist grab** Stick assisted wrist-lock
- **Cross hand grab** Stick assisted arm lock
- **Double shoulder grab, from rear** Stick assisted arm lock

Short stick defences against kicks

- **Front kick** Side-step, rising block and shin press with stick
- **Side Kick** Side-step, rising block, takedown and calf lock with stick
- **Round kick** Step in, strike leg, takedown
- **Spinning hook-kick** Step in, strike leg, takedown

Continuous self-defence

Students may be asked to demonstrate continuous self-defence – that is, the ability to defend against a range of attackers, one at a time, one after the other.

Break-falling requirements

Students will be required to demonstrate competence in rolling break-falls, break-falling over 3 students crouching on the ground, demonstrating both left and right-side break-falls. Students must also demonstrate a high break-fall over a crouching student.

Sparring requirement

Students are expected to demonstrate three rounds of standing kick-punch sparring with light contact only. Students cannot strike once in a clinch, but can utilise the basic takedown techniques, and can also spend up to twenty seconds at a time using ground-fighting techniques. The emphasis should be on returning to your feet quickly from any ground fighting situation.

Power test

Students demonstrate their basic striking techniques against pads (front kicks, round kicks, punches, spinning hook kicks). The aim of this exercise is to display power, not speed – so the examiner will look for focus and technique.

Grading fees

\$50, payable to the club before the grading.