

## **Requirements for 2<sup>nd</sup> Gup - Red Belt**

### I. Poomse (Forms)

One of the Following:

1. A Creative Form
2. A Weapons form:

### II. One Step Sparring

1. Any Five Chosen at Random

### III. Self Defense

1. Kick Defense
2. Knife Defense
3. Head Lock

### IV. Combinations

1. Inner Crescent, Spinning Crescent, 3 Times Continuous
2. Jump Roundhouse Kick
3. Jump Side Kick Over Pads - Hit Bag

### V. The Teacup Exercise

### VI Breaking

Adult - Two Boards together with Any Hand Technique

Child - Two Boards separately with 2 Different Hand Techniques

### VII. Sparring

1. One Match against 1 opponent
2. One Match against 2 opponents

