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Red Belt Syllabus

1. Sitting stance punches

From junbee, move left leg to the left into sitting stance.

Starting with left hand:

- ❖ 8 single punches
- ❖ 4 double punches
- ❖ 1 single punch
- ❖ 4 double punches
- ❖ 3 triple punches

Kihap (shout) must be performed on the first count of each set! During 3 triple punches shouting Tae Kwon Do

2. Stretching/conditioning kicks

From junbee, move left leg into forward stance (double forearm side blocks).

Starting with right leg:

- ❖ Front stretch kick
- ❖ Side stretch kick
- ❖ Adduction kick (Outside to inside)
- ❖ Abduction kick (Inside to outside)

Each kick to be performed 3 times each leg. Kihap when changing legs!

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3. Basic kicks – to be performed with both legs

From junbee, move left leg forward into L-shape stance and guarding block. Starting with right leg:

- ❖ Front thrust kick (Once performed slow motion and twice normal speed)
- ❖ Side thrust kick (Once performed slow motion and twice normal speed).
- ❖ Chop kick (normal speed 3 times)
- ❖ Turning/roundhouse kick (Once performed slow motion and twice normal speed)
- ❖ Back kick (Once performed slow motion and twice normal speed)
- ❖ Reverse turning kick (Once performed slow motion and twice normal speed)

Each kick to be performed 3 times each leg. Kihap when changing legs!

4. Special kicks

From junbee, move right leg back into fighting stance:

- ❖ Slide back, fast-step middle kick, chop kick, round house kick
- ❖ Slide back, fast-step chop kick, round house kick, middle kick
- ❖ Fast-step side push kick, chop kick, scissors kick
- ❖ Slide back, middle kick, round house kick, back kick
- ❖ Cut-step forward round house kick, middle kick, back kick

Each set to be performed twice with same leg

5. Compulsory belt form

- ❖ Form number 7 (Chil Jang and 1 random form)

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6. 1 step sparring

From Junbee move into forward stance (move right leg back (+ sliding half step back), low section block left hand)

1. Moving forward, attacking mid-section punch with right hand.
Counterattack – side thrust kick to the middle of the body attacking the ribs (Kihap throughout the attack and counter attacks!)
2. Same attack as set 1.
Counterattack – back kick with left leg to the middle of the body attacking the solar plexus (Kihap throughout the attack and counter attacks!)
3. Same attack as set 1.
Counterattack – stepping forward with left leg, knife hand hook blocking the opponent's punch followed by double middle kick with right leg (Kihap throughout the attack and counter attacks!)
4. Same attack as set 1.
Counterattack – blocking the opponent's punch with an adduction kick with right leg followed by back kick to the solar plexus with left leg (Kihap throughout the attack and counter attacks!)
5. Moving right leg back into fighting stance, attacking middle kick with right leg.
Counterattack – moving forward with left leg and blocking the opponent's middle kick with low-section block with left hand, followed by mid-section punch to the solar plexus with right hand and middle kick to the body with right leg (Kihap throughout the attack and counter attacks!)

7. Self-defence

- ❖ 5 sets (hair, collar, double wrist, head-lock, bear-hug)

8. Push-ups

- ❖ 30 push-ups