LONDON TAEKWONDO

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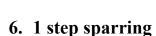
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From Junbee move into forward stance (move right leg back (+ sliding half step back), low section block left hand)

- 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

