

TAEKWONDO AMERICA RED BELT

RED AND SENIOR RED BELT

PATTERN

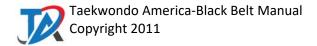
CHOONG-MOO

31 Movements

Was the name given to the great Admiral Hi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592 A.D., which was the precursor of the present day submarine in 1592 AD. This pattern ends with the left hand attack to symbolize his regrettable death, having no chance to show his unrestrained potential checked by the forced reservation of his loyalty to the king.

Stance A

1.	Left Knifehand Square Block	Left Back Stance
2.	Right Outside Knifehand Strike /Left Reverse Knifehand High Block	Right Front Stance
3.	Right Double Knifehand Block	Right Back Stance
4.	Left Horizontal Spearhand High	Left Front Stance
5.	Left Double Knifehand Block	Left Back Stance
6.	Right Side Kick	
7.	Left Double Knifehand Block	Left Back Stance
8.	Right Jump Side Kick (Ki-Hap)	
9.	Right Double Knifehand Block	Right Back Stance
10.	Left Low Block	Left Back Stance
11.	Twin Grab High	Left Front Stance
12.	Right Knee Strike	
13.	Right Reverse Ridgehand Strike High	Left Front Stance
14.	Right Round Kick	
15.	Left Spin Side Kick	
16.	Right Double Fist Block	Right Back Stance
17.	Left Round Kick	
18.	Right C-Block	Right Back Stance
19.	Right Double Knife Hand Block	Right Back Stance
20.	Right Reverse Spearhand Low	Left Front Stance



21. Left Low Block/Right Downward Backfist	Left Back Stance
22. Right Spearhand Middle	Right Front Stance
23. Left Double Inner Forearm Block	Left Front Stance
24. Right Supported Outside Block	Sitting Stance
25. Right Backfist	Sitting Stance
26. Right Side Kick	
27. Left Side Kick	
28. Right Knifehand X-Block Middle	Right Back Stance
29. Twin Palm Upset Strike High	Left Front Stance
30. Right High Block	Right Front Stance
31. Left Reverse Punch High (Ki-Hap)	Right Front Stance

BOARD BREAKING REQUIREMENTS

Red Belts must break with either a Round Kick or Side Kick and 1 approved hand techniques.

MALES - AGES	REBREAKABLE BOARDS	WOOD BOARDS
5 and 6	Yellow	4.5 Inch
7 and 8	Orange	6 Inch
9 and 10	Orange/ Green	7.5 Inch
11 and 12	Green	9 Inch
13 and 14	Blue	11 Inch
15	Brown	2 X 11 inch
16 and above	Black	2 X 11 inch

FEMALES - AGES	REBREAKABLE BOARDS	WOOD BOARDS
5 and 6	Yellow	4.5 Inch
7 and 8	Orange	6 Inch
9 and 10	Orange/ Green	7.5 Inch
11 and 12	Green	9 Inch
13 and 14	Blue	11 Inch
15 and Above	Blue/ Brown	11 Inch