

Red Belt Curriculum

Class points before being eligible for promotion testing: **A minimum 24–36 points, 2–3 classes per week consecutively, are required.**

Traditional Taekwondo

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Taegeuk 7- Chil Jang	<input type="checkbox"/>	<input type="checkbox"/>			

Footwork and Conditioning

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Taekwondo specific conditioning sheet	<input type="checkbox"/>	<input type="checkbox"/>			

Strikes

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Spinning Kick	<input type="checkbox"/>	<input type="checkbox"/>			

Other Skills and Knowledge

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Leadership/Teaching (10-15 hours)	<input type="checkbox"/>	<input type="checkbox"/>			
Wood Breaking - Spinning Kick	<input type="checkbox"/>	<input type="checkbox"/>			
Sparring	<input type="checkbox"/>	<input type="checkbox"/>			