

TESTING CRITERIA

2nd GRADE RED BELT

FORM

HWA - RANG

SELF-DEFENSE

3

NEW TECHNIQUES

Palm Heel Block

Upset Punch

SPARRING

2 - 3 TIMES

BOARD BREAKING

(All board breaking must be approved by the students instructor)

The student is required to do a two station break. One station will be a hand technique and the other station a foot technique. It will be the student's choice of technique for his/her board breaking. (Note: If the student decides to do a jump kick, no obstacle is required.)