

**TAEKWONDO TRAINING BLUEPRINT: RED BELT - GROWING SLOWLY TOWARDS THE  
SUN**

**STUDENT'S TRAINING MANUAL  
YONG-GI TAEKWONDO ASSOCIATION**

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## **AUTHOR'S PREFACE**

It is my pleasure to present this training manual for red belts in Taekwondo. This book is the result of my extensive experience and dedication to the art of Taekwondo. As a seasoned practitioner and instructor, I have seen numerous red belts grow and develop in their practice, and I understand the unique challenges they face in their journey towards mastery.

The purpose of this book is to provide a comprehensive guide for red belts in Taekwondo, covering everything they need to know to continue their progress in this martial art. From perfecting basic techniques to mastering advanced forms and self-defense techniques, this book contains a wealth of knowledge to help red belts improve their skills.

As the author of this book, I affirm that I own the intellectual property rights to its contents and have worked tirelessly to ensure that the information provided is accurate and relevant. It is my sincere hope that this book will serve as a valuable resource for red belts in Taekwondo, both in the studio and during their personal practice.

I encourage readers to approach this book with an open mind, a willingness to learn, and a dedication to the practice of Taekwondo. With commitment, discipline, and perseverance, I am confident that this book will help red belts in Taekwondo reach their full potential and attain the skills necessary to become true martial artists.

Remember that the path towards mastery in Taekwondo is a gradual one, much like the growth of a plant towards the sun. With consistent effort and dedication, you can continue to grow and improve in your practice, and I hope this book will serve as a valuable resource on your journey.

Sincerely,

The Author

## **INTRODUCTION**

Taekwondo, the Korean martial art known for its dynamic kicks and fluid movements, is more than just a sport or a way to defend oneself. It is a way of life, a philosophy that emphasizes the development of the mind, body, and spirit. Each belt color in Taekwondo symbolizes the student's progress and achievements in mastering the art. And among these belts, the red belt holds a special place as a turning point in the practitioner's journey towards black belt and beyond.

The red belt, usually earned after years of dedicated training and commitment to Taekwondo, signifies a significant transition in the student's development. It represents a period of growth and maturity, both physical and mental, as well as a gradual shift in the practitioner's mindset towards a more focused and disciplined approach to the art. At this stage, the student is expected to be able to perform complex techniques with greater precision, power, and control, while also demonstrating a deeper understanding of Taekwondo's principles and values.

The symbolism of the red belt goes beyond its physical appearance. It is often associated with the concept of "growing slowly towards the sun," which refers to the gradual progress and continuous improvement that one should strive for in their practice of Taekwondo. Like a plant that needs time, patience, and care to grow, the red belt student must nurture their skills, knowledge, and character through consistent training and self-reflection. It is a time to hone one's strengths, address one's weaknesses, and embrace the challenges that lie ahead.

## **THE SELF-CONTROL: FROM IMPLUSE TO DISCIPLINE**

The path of a Taekwondo practitioner is not only about learning techniques, but it's also about developing the right mindset and attitude. As a practitioner progresses and reaches the level of Red Belt, one of the most important qualities that must be developed is self-control. Self-control is the ability to manage one's emotions, impulses, and reactions in a way that is productive and beneficial.

Self-control is essential in Taekwondo, as it enables practitioners to react calmly and effectively in high-pressure situations such as competitions, self-defense scenarios, and sparring sessions. It also allows practitioners to stay focused on their goals and training, rather than getting sidetracked by distractions or negative thoughts.

To develop self-control, Red Belt practitioners must first learn to recognize and understand their emotions and impulses. This requires a level of self-awareness and mindfulness, where practitioners can identify their triggers and learn how to respond in a constructive manner. For example, if a practitioner is feeling frustrated or angry during training, they can learn to take a step back, breathe, and refocus their energy on their techniques rather than lashing out or losing control.

Another important aspect of self-control is discipline. Discipline means committing to a set of values, goals, and behaviors, and then sticking to them even when faced with challenges or temptations. In Taekwondo, this means consistently showing up to training, following the rules and etiquette of the dojang, and putting in the effort and dedication required to improve one's skills.

Self-control and discipline also extend beyond the dojang and into everyday life. Red Belt practitioners must learn to apply these qualities to all areas of their lives, whether it's at school, work, or personal relationships. By developing self-control and discipline, practitioners can become more effective and successful in all areas of their lives.

In addition to improving mental and emotional control, self-control also helps to prevent injury during training and sparring. Red Belt practitioners must learn to regulate the intensity of

their techniques and movements, avoiding unnecessary or reckless actions that could lead to injury for themselves or their training partners.

### **Importance of Self-Control: Skills and Knowledge**

As a red belt in Taekwondo, it is important to continue to focus on increasing skills and knowledge, including the cultivation of self-control. Self-control is one of the most critical elements in the practice of Taekwondo, as it helps students to maintain a clear and calm mind, make rational decisions, and avoid acting impulsively.

**The following are some reasons why self-control is so important for red belts in Taekwondo:**

#### **Builds discipline and focus**

Self-control requires discipline and focus, which are essential traits in any martial art. By practicing self-control, students learn to maintain their focus on their goals and to work hard to achieve them.

#### **Enhances physical performance**

When students practice self-control, they can improve their physical performance in Taekwondo. Self-control helps students to maintain proper form and technique, which can enhance their speed, power, and accuracy in their movements.

#### **Improves mental health**

Practicing self-control can also have a positive impact on students' mental health. By cultivating self-control, students can reduce their stress and anxiety levels, as well as develop a sense of inner peace and calmness.

### **Develops respect for others**

Self-control is also an essential part of showing respect for others. When students are in control of their emotions and actions, they are less likely to harm or disrespect others.

**To develop self-control as a red belt in Taekwondo, students can focus on the following practices:**

### **Mindfulness meditation**

Mindfulness meditation is a technique that can help students develop self-awareness and self-control. By practicing mindfulness, students can learn to observe their thoughts and emotions without judgment, and to respond to situations with more clarity and intention.

### **Breathing exercises**

Breathing exercises can help students to regulate their emotions and reduce stress. By taking deep breaths and focusing on their breath, students can slow down their heart rate and calm their mind.

### **Visualization**

Visualization is another technique that can help students develop self-control. By visualizing themselves performing techniques correctly and with control, students can increase their confidence and their ability to remain calm and focused in challenging situations.

The cultivation of self-control is a critical part of the development of a red belt in Taekwondo. By practicing self-control, students can improve their physical and mental performance, develop a sense of respect for themselves and others, and become more disciplined and focused in their practice.

## THE PRINCIPLE AND PHILOSOPHY OF TAEKWONDO: SELF-DEVELOPMENT

Taekwondo is not just a physical activity; it is also a mental and philosophical discipline that emphasizes self-improvement and personal growth. The principles and philosophy of Taekwondo are rooted in traditional Eastern values and promote self-discipline, respect, perseverance, and humility. The practice of Taekwondo requires a deep understanding and application of these principles in order to achieve true self-development.

At the heart of Taekwondo philosophy is the principle of self-development. This means that through training and practice, practitioners aim to improve not only their physical abilities but also their mental and emotional well-being. Self-development is a continuous process that involves setting goals, overcoming challenges, and striving for excellence in all aspects of life.

Self-development in Taekwondo is achieved through **the cultivation of mental and emotional strength**. Practitioners are taught to develop a strong sense of self-discipline, which enables them to overcome obstacles and stay focused on their goals. They also learn to cultivate a sense of respect, not only for others but also for themselves. This means taking care of their bodies and minds, as well as being mindful of their thoughts and actions.

Another important aspect of self-development in Taekwondo is the principle of **perseverance**. This means pushing through challenges and setbacks, no matter how difficult they may seem. Practitioners learn to maintain a positive attitude and to keep moving forward, even in the face of adversity. This requires mental toughness and a willingness to embrace discomfort in order to achieve greater levels of success.

**Humility** is another key component of self-development in Taekwondo. Practitioners are encouraged to remain humble and to never lose sight of the fact that there is always more to

learn and improve upon. This means being open to feedback and criticism, as well as treating others with respect and kindness.

### **Develop Self through these methods:**

**Set Goals** - The first step towards self-development is to set clear, achievable goals for yourself. Use the principles of perseverance and indomitable spirit to keep pushing towards your goals, even when faced with setbacks or obstacles.

**Practice Discipline** - Discipline is key to achieving success in Taekwondo and in life. Develop the discipline to follow through on your commitments and put in consistent effort towards your goals. Use the principles of courtesy and integrity to guide your actions and interactions with others.

**Cultivate Self-Awareness** - Take time to reflect on your thoughts, emotions, and actions. Use the principles of self-control and humility to become more aware of your strengths and weaknesses, and to develop a more balanced approach to life.

**Embrace Continuous Learning** - Taekwondo is a never-ending journey of self-improvement. Use the principles of perseverance and humility to stay open to new ideas and approaches, and to continuously learn and grow.

**Practice Mindfulness** - Mindfulness is the practice of being fully present in the moment, without judgment or distraction. Use the principles of concentration and focus to develop mindfulness in your daily life, and to become more present and attentive in your interactions with others.



**Give Back to Others** - Taekwondo is not just about personal development, but also about contributing to the greater good. Use the principles of respect and service to give back to your community and help others on their own paths of self-development.

By incorporating these practices into your daily life, you can deepen your understanding of the principles and philosophies of Taekwondo and use them to achieve greater self-development and personal growth.

## **THE SIGNIFICANCE OF REPETITIVE TRAINING EXERCISES IN DEVELOPING SELF**

Repetitive exercise is an essential aspect of skill development in any sport or activity. It involves performing the same task or exercise multiple times to increase muscle memory, improve technique, and enhance overall performance. In Taekwondo, repetitive exercise plays a crucial role in the development of various skills, including kicks, strikes, blocks, and footwork.

Repetitive exercise enables practitioners to internalize movements and techniques, making them more natural and fluid. This is especially important in Taekwondo, where precise execution of techniques can mean the difference between success and failure in a competition or self-defense situation. By repeating techniques, practitioners develop muscle memory and build strength and endurance, allowing them to perform more effectively and efficiently.

Repetitive exercise can also be used to develop speed and agility, essential skills in Taekwondo. Practicing footwork drills, such as ladder drills, helps improve footwork, speed, and coordination. By performing these drills repeatedly, practitioners can develop better control over their movements and increase their speed and agility, allowing them to move quickly and effectively in sparring or self-defense situations.

Why repetitive exercises are important:

### **Improvement of muscle memory**

Repetitive exercise helps to train your muscles to remember the movements required for specific techniques. With repetition, your body will naturally begin to perform the movements more efficiently and effectively.

### **Increased skill and technique**

By repeating exercises, you are able to focus on specific skills and techniques. This allows you to perfect your movements and improve your overall performance.

### **Building endurance and strength**

Repetitive exercise allows you to build endurance and strength in the specific muscles used for the exercise. This helps to improve your overall physical fitness and ability to perform at higher levels.

### **Mental focus and discipline**

Consistent repetition requires focus and discipline, which can help improve your mental strength and focus. This can translate into improved performance in other areas of life as well.

### **Reinforcement of correct form**

Repetitive exercises help reinforce correct form, which is important in preventing injury and maximizing the effectiveness of the exercise.

### **Overcoming plateaus**

Repetitive exercises can help you overcome plateaus in your training by allowing you to focus on specific areas that need improvement. This can help you break through barriers and reach new levels of performance.

## **STUDYING THE ART OF SELF-DEFENSE: HOSINSOOL**

Self-defense is a crucial aspect of Taekwondo training, and one that is particularly relevant for advanced players. As a martial art that emphasizes speed, agility, and precision, Taekwondo provides practitioners with a powerful set of tools for self-defense. However, in order to effectively apply these techniques in real-world situations, advanced players must not only master the physical techniques of Taekwondo but also develop a deep understanding of the principles and strategies of self-defense.

At the heart of self-defense is the ability to recognize and respond to potential threats. This requires a heightened sense of awareness and an ability to quickly assess a situation and determine the appropriate course of action. Advanced players in Taekwondo must train their minds as well as their bodies, developing a mindset that is focused, disciplined, and prepared for any eventuality.

In addition to mental training, advanced players must also continue to refine their physical skills through regular practice and repetition. This involves not only perfecting the basic techniques of Taekwondo but also exploring more advanced techniques and strategies that are specifically designed for self-defense scenarios.

Ultimately, studying the art of self-defense is a lifelong pursuit for advanced players in Taekwondo. It requires a combination of physical and mental training, a deep understanding of the principles and strategies of self-defense, and a commitment to ongoing practice and development. With dedication and perseverance, however, it is possible to achieve a level of mastery that will enable advanced players to confidently and effectively protect themselves and others in any situation.

## **THE DEPTHS OF LEARNING KYORUGI: WAYS AND CONFIDENCE**

The practice of sparring is a fundamental part of Taekwondo training. It is through sparring that practitioners are able to test their skills against a live opponent, learn new techniques, and gain

confidence in their abilities. However, sparring is not simply about throwing punches and kicks. It is a complex art form that requires an understanding of strategy, timing, and footwork.

One of the most important aspects of sparring is the **ability to read your opponent**. This involves studying their movements, predicting their next move, and reacting accordingly. This skill can be developed through drills and exercises that focus on footwork and reaction time. Practicing these drills will not only improve your ability to read your opponent but also increase your confidence in sparring.

Another important skill in sparring is the **ability to create openings**. This involves creating opportunities for yourself to land strikes by drawing out your opponent's movements or by baiting them into making a mistake. This can be achieved through the use of feints, fakes, and strategic footwork. By developing this skill, you can become a more effective and unpredictable sparring partner.

In addition to developing technical skills, sparring also **requires mental fortitude**. It is common for practitioners to experience nerves and anxiety before a sparring match. However, it is important to remain calm and focused in order to perform at your best. One way to achieve this is through visualization exercises, where you mentally rehearse your sparring techniques and strategies. Another way is to practice mindfulness and meditation, which can help you to stay present and focused in the moment.

Finally, sparring can also be used as a tool for personal growth and development. Through sparring, practitioners can learn to face their fears, overcome adversity, and push themselves beyond their limits. This can lead to increased self-confidence, mental toughness, and a greater sense of self-awareness.

The practice of sparring is a complex and multifaceted art form that requires a deep understanding of strategy, timing, and footwork. By developing skills such as the ability to read your opponent, create openings, and maintain mental fortitude, practitioners can become more effective and confident sparring partners. Additionally, sparring can be used as a tool for personal growth and development, leading to increased self-confidence and mental toughness.

## **THE TRUE SENIOR IN TAEKWONDO 2**

Taekwondo is more than just a physical activity or a sport; it is a way of life that requires discipline, respect, and dedication. Within the taekwondo community, the senior-junior relationship is an essential aspect that promotes the transmission of the art's core values and traditions. A true senior in taekwondo should embody these values and set an example for their juniors to follow. In this paper, we will explore in more depth the qualities and behaviors that make a true senior in taekwondo.

### **Qualities of a True Senior in Taekwondo**

#### **Humility**

A true senior should be humble and never let their achievements go to their head. They should remember that there is always more to learn, and that their juniors may have valuable insights and perspectives to offer.

#### **Respect**

A true senior should always show respect to their juniors, regardless of their skill level or experience. They should treat everyone with kindness and consideration, and never use their position of authority to bully or intimidate others.

#### **Responsibility**

A true senior should take responsibility for the development and well-being of their juniors. They should provide guidance and support when needed, and be a role model for others to follow.

### **Generosity**

A true senior should be generous with their time, knowledge, and resources. They should be willing to share their expertise and help their juniors improve, without expecting anything in return.

### **Patience**

A true senior should be patient with their juniors, recognizing that everyone learns at their own pace. They should never criticize or belittle others for making mistakes, but instead offer constructive feedback and encouragement.

### **Perseverance**

A true senior should lead by example and demonstrate perseverance in the face of challenges. They should show their juniors that hard work and dedication can lead to success, and encourage them to never give up.

## **Behaviors of a True Senior in Taekwondo**

### **Setting a good example**

A true senior should set a positive example for their juniors to follow. They should demonstrate the values of taekwondo in their actions and words, and uphold the highest standards of behavior and ethics.

### **Providing guidance and feedback**

A true senior should provide guidance and feedback to their juniors, helping them to improve their techniques and strategies. They should give constructive criticism in a supportive and encouraging manner, and offer advice on how to overcome challenges.

### **Building relationships**

A true senior should build strong relationships with their juniors, fostering a sense of camaraderie and support. They should create a welcoming and inclusive environment where everyone feels valued and respected.

### **Supporting the community**

A true senior should support the wider taekwondo community, volunteering their time and resources to help promote the art and its values. They should take an active role in events and activities, and encourage their juniors to get involved as well.

### **Continuously learning**

A true senior should never stop learning and improving. They should seek out new knowledge and experiences, and use them to enhance their own skills and abilities. They should also share their insights and lessons learned with their juniors, helping them to grow and develop.

Being a true senior in taekwondo is not just about being a skilled practitioner, but also about embodying the values and traditions of the art. A true senior should possess the qualities of humility, respect, responsibility, generosity, patience, and perseverance, and demonstrate behaviors such as setting a good example, providing guidance and feedback, building relationships, supporting the community, and continuously learning. By doing so, they can help create a positive and supportive environment that fosters the growth and development of all practitioners, regardless

## **MOTIVATION OF SELF: CONTINUING THE JOURNEY**

Realizing the motivation of self in Taekwondo is an essential part of training that helps practitioners maintain a strong connection to their personal goals and values. Self-motivation is the driving force that fuels an individual's progress in the martial art. It is the intrinsic desire to improve and excel, even when external factors such as competition or criticism are not present. The power of self-motivation is crucial for those who wish to push beyond their limits and achieve greatness in Taekwondo.

One way to realize self-motivation in Taekwondo is to set goals that align with personal values and aspirations. Setting achievable, measurable goals can provide a sense of direction and purpose, and give practitioners a tangible sense of progress as they move closer to their objectives. Whether it is achieving a specific rank, mastering a challenging technique, or improving overall fitness, having clear goals can help keep individuals motivated and focused on their journey.

- Understanding personal reasons for practicing Taekwondo
- Setting achievable goals and objectives for self-improvement
- Regular self-reflection and evaluation of progress
- Finding motivation in personal values and principles
- Surrounding oneself with positive and supportive individuals and community
- Continuously challenging oneself and stepping outside of comfort zones
- Recognizing and celebrating personal achievements and growth
- Staying committed and persevering through challenges and setbacks.

## **TAEKWONDO: KOREAN TERMINOLOGIES 2**

Taekwondo is a martial art that originated from Korea, so it is no surprise that the language used in this discipline is primarily Korean. Learning Korean words and phrases is essential in understanding the theory and philosophy of Taekwondo, as well as in executing its techniques and commands properly.



One of the most important things to remember in Taekwondo is to always show respect and courtesy to your instructors, fellow students, and the art itself. You can start by learning the Korean words for common commands such as Attention (Chah-ryut), Bow (Kyung Nae), Ready Position (Joon-bee), Begin (Si-jak), Continue (Kaesok), Stop (Kalyeo), and Return (Baro).

Block	—	Mahki
Stepping	—	Gamya
Twisting	—	Bituro
Moving to a direction	—	Uro
Spinning	—	Dolmyo
Sliding	—	Mee Keul Myu
Rolling/Tumbling	—	Goorugi
Grabbing/Holding	—	Jupgi
Grade	—	Gup
Degree	—	Dan
Grading Test	—	Simsa
Spearhand	—	Sahnkeut
Combination Punch	—	Yung Seuk Chirugi
Mountain Block	—	Santeul Mahki
Scissors Block	—	Gahwi Mahki
Cat Stance/Tiger Stance	—	Jireugi
Crane Stance	—	Hahktari Sohgi
Switching Foot	—	Bahl Bah Kwah
Loyalty	—	Choong Sung

## THE COGNITION OF A RED BELT

As one progresses in their martial arts training, they may reach the rank of Red Belt, which signifies an advanced level of skill and knowledge. The cognition of a Red Belt goes beyond physical technique and delves into the mental and emotional aspects of martial arts.

At the Red Belt level, students are expected to have a deep understanding of the principles and philosophies of their martial art. They must be able to apply these concepts not only in their training but also in their daily lives. This includes values such as respect, discipline, and humility, which are essential for personal growth and development.

Red Belts are also expected to have a greater sense of self-awareness and emotional control. They must be able to manage their emotions effectively, especially in high-pressure situations such as sparring or competitions. This requires mental fortitude and resilience, which can be developed through consistent training and practice.

Furthermore, Red Belts are expected to demonstrate leadership skills and be role models for lower-ranked students. They must be able to effectively communicate with others and provide guidance and support when needed. This requires a high level of emotional intelligence, which involves empathy, self-awareness, and social skills.

In addition to these personal qualities, Red Belts must also have a high level of physical skill and technique. They must be able to perform complex movements and combinations with precision and power. They must also be able to adapt to different sparring styles and opponents, which requires a high level of strategy and tactical thinking.

## **Taegeuk Chil Jang**

Taegeuk 7 is the seventh Poomsae in the Taegeuk series, which is a fundamental part of the Korean martial art of Taekwondo. The Taegeuk 7 Poomsae signifies the relationship between Heaven and Earth and the constant flow of energy between the two. The symbol used in this Poomsae is divided into three parts, with the upper and lower halves representing Heaven and Earth, respectively, and the center representing the continuous flow of energy between the two.

The movements of Taegeuk 7 reflect the concepts of change, balance, and harmony between Heaven and Earth. The practitioner must exhibit fluidity and grace while executing the various movements, which symbolize the dynamic relationship between Heaven and Earth. Taegeuk 7 is an intermediate-level Poomsae, which builds on the foundation established in earlier Poomsae, such as Taegeuk 1 through 6.

The Poomsae begins with the practitioner standing at attention, signifying the start of a new journey. As the practitioner moves through the various movements, they must focus on their balance and coordination, with precise movements that demonstrate their mastery of the techniques. The emphasis on balance is a key feature of Taegeuk 7, as the movements are designed to help practitioners develop a strong sense of equilibrium.

The techniques of Taegeuk 7 include a variety of strikes, blocks, and kicks that require both strength and agility. The Poomsae also incorporates circular movements that require the practitioner to maintain their focus and balance while executing the techniques. As with all Poomsae, the movements in Taegeuk 7 are designed to be practiced in a specific sequence, with each movement flowing into the next to create a continuous and fluid practice.

In summary, Taegeuk 7 is a Poomsae that represents the balance and harmony between Heaven and Earth. The Poomsae's movements are designed to develop the practitioner's balance, coordination, and agility, while also providing a deeper understanding of the dynamic relationship between the natural world and the universe. Through practice and discipline, practitioners of Taegeuk 7 can achieve a deeper level of self-awareness and a greater understanding of their place in the world.

### **Taegeuk Pal Jang**

Taegeuk 8, also known as Poomsae Pal Jang, is the final poomsae in the Taegeuk series of the WTF style of Taekwondo. It is the most complex and difficult form, requiring great skill and technique to perform. As with the other Taegeuk forms, the movements of Taegeuk 8 are based on the yin and yang principle and the symbolism of the trigrams of the I Ching.

The symbol of Taegeuk 8 is the trigram Tui, which represents Lake and Joy. The trigram is composed of two broken lines and one solid line, which signifies that joy is created when inner strength and balance are achieved. The circle in the center of the trigram represents the harmony and balance of yin and yang. The trigram represents the water element, which can flow and adapt to any situation, symbolizing the adaptability and flexibility required to perform the movements of Taegeuk 8.

The theory behind Taegeuk 8 is that it is the pinnacle of the Taegeuk series, where the practitioner has achieved a high level of skill and understanding of Taekwondo. The form contains advanced techniques such as aerial kicks, spin kicks, and multiple kicks, which require a high degree of balance, coordination, and power. It also incorporates elements of other martial arts such as hapkido and judo, demonstrating the versatility and integration of Taekwondo with other martial arts.

The practice of Taegeuk 8 requires the practitioner to have a deep understanding of the fundamental techniques and principles of Taekwondo. The movements are executed with precision, power, and speed, reflecting the practitioner's mastery of the techniques. The form requires a high degree of concentration, focus, and discipline, as the slightest mistake can disrupt the flow of the form and compromise the effectiveness of the techniques.

In addition to its technical difficulty, Taegeuk 8 also embodies the philosophical principles of Taekwondo, such as perseverance, respect, and humility. It challenges the practitioner to push themselves beyond their limits, to strive for excellence, and to remain humble in their achievements. It also emphasizes the importance of self-control and discipline, as the advanced techniques require a high level of physical and mental control.

In conclusion, Taegeuk 8 is a symbol of the highest level of achievement in Taekwondo. It represents the culmination of years of training, dedication, and discipline, and requires a deep understanding of the fundamental techniques and principles of Taekwondo. The form embodies the symbolism of the trigram Tui and the philosophical principles of Taekwondo, challenging the practitioner to achieve a balance of inner strength and flexibility, perseverance, and humility.

## **KICKS OF A RED BELT**

As a Red Belt, one is expected to have a higher level of skill and knowledge in Taekwondo. One of the key aspects of this higher level of proficiency is the mastery of advanced kicks. These kicks require greater flexibility, strength, and coordination than the kicks learned at the Blue Belt level.

**The Ttwieo Dwi Chagi, or Jumping Turning Side Kick,** is one of the most dynamic and impressive kicks in Taekwondo. This kick involves a jump and a 180-degree turn in mid-air, followed by a powerful side kick. It requires a great deal of strength and flexibility in the legs, as well as excellent timing and balance. It is a visually stunning technique that can be used to surprise opponents and gain the upper hand in a match.

**The Dolgae Chagi, or Tornado Kick,** is another advanced kick that requires a high level of skill and athleticism. This kick involves a full 360-degree spin in mid-air, followed by a powerful hook kick. It is an incredibly acrobatic technique that can be used to catch opponents off-guard and create openings for further attacks. It requires a great deal of practice to master the timing and coordination needed for this kick, but the result is a truly impressive and effective technique.

**The Dwi Huryeo Chagi, or Turning Long Kick,** is a powerful and versatile kick that can be used in a variety of situations. This kick involves a 180-degree turn and a long-range roundhouse kick, allowing the practitioner to strike with great force from a distance. It requires a combination of strength, flexibility, and precision, as well as excellent footwork and timing. This kick is often used to create distance between the practitioner and their opponent, allowing them to regroup and prepare for further attacks.

**The Ttwieo Naryeo Chagi, or Jumping Axe Kick,** is another impressive and effective technique. This kick involves a jump and a powerful downward strike with the heel of the foot. It requires excellent coordination and timing, as well as a great deal of strength and flexibility in the legs. This kick can be used to strike opponents on the head or shoulders,

and can be particularly effective against taller opponents. It is an advanced technique that requires practice and dedication to master, but the result is a devastating kick that can end a match quickly.

The advanced kicks learned at the Red Belt level of Taekwondo are impressive and effective techniques that require a great deal of skill and athleticism to master. Practitioners who are able to master these kicks will have a significant advantage over their opponents in competition and self-defense situations. It is important to remember, however, that these kicks should only be used with caution and in appropriate situations, as they can be dangerous if used incorrectly.

## **AFTERWORD**

Congratulations on completing the Taekwondo Training Blueprint for Red Belt - Growing Slowly Towards the Sun. Your dedication and hard work have brought you this far, and I commend you for your commitment to your training.

As a red belt, you have shown an increased level of skill and knowledge in Taekwondo. You have developed a greater understanding of the philosophy and principles of this martial art, and you are now ready to grow even further.

In the next phase of your training, you will continue to build upon your foundation and refine your techniques. You will also focus on developing greater self-control, both in the studio and in your daily life. Remember that self-control is not only about restraining your impulses but also about developing discipline and self-mastery. It requires you to remain calm and composed under pressure, make sound decisions, and take responsibility for your actions.

As you continue your journey in Taekwondo, I encourage you to embrace the philosophy of self-development and strive to become the best version of yourself. Remember that the true value of martial arts lies not only in physical prowess but also in the development of the mind and spirit.

I hope that it has been a valuable resource and has inspired you to continue to pursue excellence in this martial art. May your journey be filled with continued growth, success, and the realization of your goals.

Sincerely,

The Author