

# **WU'S TAE KWON DO SCHOOL (CANADA)**

#120 FAIRCHILD SQ., 4400 HAZELBRIDGE WAY, RICHMOND, B.C. CANADA V6X 3R8  
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## **RED BELT SYLLABUS**

### **RED BELT (2 GEUP) TO RED BLACK BELT (1 GEUP)**

1. Poomsae – Taeguk 7
2. Self Defense – 6 x Red Belt Self Defense
3. Kicking
  - White to Blue Red Belt Kicking
  - Double Roundhouse Kick, Sliding Double Roundhouse Kick
4. Breaking – 2 breakings chosen from
  - Roundhouse Kick
  - Side Kick
  - Back Kick
  - Back Hook Kick
  - Knife Hand Chop
  - Punching
  - Jump High Kick
  - Jump Side Kick
5. Free Sparring
6. Taeguk 6 and 6 x Blue Red Belt Self Defenses (13 years old and up)
7. Minimum 20 Lessons of Training