



RED BELT CURRICULUM

POOMSAE	<ul style="list-style-type: none">• Tae guek pal jang
MULTI DIRECTION KICKING	<ul style="list-style-type: none">• 2 rounds 45 seconds each round
BREAKING	<ul style="list-style-type: none">• 4 boards breaking
SPARRING	<ul style="list-style-type: none">• Full contact sparring• 3 rounds 45 seconds different opponent each round
ATTENDANCE	<ul style="list-style-type: none">• 2 Life Coaching Sessions (for students who are under 18 years old)• 12 Training Days
Q & A	<ul style="list-style-type: none">• The student must correctly answer the questions asked by the Master.
PLEDGE	<ul style="list-style-type: none">• As a More Than Medals Student, I train as a lifestyle to honor my parents, respect my seniors and be courteous to all people. I practice control over my emotions and actions and I never use the martial arts for selfish reasons. I apply the principles learned in the dojang to my everyday life by being honest, reliable and trustworthy. I persevere to the end. My challenges strengthen me, my pains instruct me and in every battle, I emerge as a better being. I am proud to be a More Than Medals student. I lift up the race and the heritage that I come from. And with all of my abilities, I will serve God, this country, and my fellowmen (Sir/Ma'am)!