

# Grading Requirements


2023

## Red Dragon Taekwondo

BROWN TO HIGH BROWN / HIGH BROWN TO RED BELT REQUIREMENTS

MINIMUM CLASSES	BASIC KICKS AND BLOCKS	SELF DEFENCES	FORMS
<b>20</b>	<b>8 OF EACH</b>	<b>4 DEFENCES</b>	<b>PLAGUE 7 TAEGUK 7</b>
APPLIES BETWEEN GRADING PERIODS	SIMPLE SPIN KICK COMBINATION KICK JUMP KICK	<a href="#">MULTIPLE PUNCH</a> BACK AGAINST WALL PUNCH	<a href="#">BROWN BELT FORM</a> <a href="#">HIGH BROWN BELT FORM</a>

SPARRING	<b>+</b>	ONE STEP SPARRING	BOARD BREAK
 <b>10 ROUNDS</b>		<b>2 ROUNDS</b>	<b>1 BOARD</b>
BODY CONTACT HEAD CONTACT FULL ARMOUR		EVASIVE BLOCK VITAL SPOT STRIKE SIMPLE TAKEDOWN	PUNCH OR ROTATING KICK