



Adult Red Belt Card

ID# _____

Start Date _____

Goal Date _____

CLASSES		FORMS	SELF DEFENSE SPARRING
1.	31.	____ Taegeuk 7	____ One Step 31-35
2.	32.	____ White Tip Date: _____	____ Orange Tip Date: _____
3.	33.	____ InNae 8 and 9	____ Hapkido 1-5
4.	34.	____ White Tip Date: _____	____ Orange Tip Date: _____
5.	35.	____ DMC 7	____ Self-Defense of Term
6.	36.	____ Yellow Tip Date: _____	____ Orange Tip Date: _____
7.	37.		
8.	38.		
9.	39.		
10.	40.		
11.	SPARRING HRS		
12.	1.	____ 3/2 min rds sparring	____ Jump Back Kick
13.	2.	____ How to conduct match	____ Brown Tip Date: _____
14.	3.	____ Green Tip Date: _____	____ Wheel Kick
15.	4.		____ Brown Tip Date: _____
16.	5.		
17.	6.		
18.	ASSISTING HRS		
19.	1.		
20.	2.		
21.	3.		
22.	4.		
23.	5.		
24.	6.		
25.	7.		
26.	8.		
27.	9.		
28.	10.		
29.	11.		
30.	12.		

BASICS		BREAKING	
____ Geukgi 1-9	____	____ Jump Back Kick	____
____ Review Basics	____	____ Brown Tip Date: _____	____
____ Blue Tip Date: _____	____	____ Wheel Kick	____
____ 3/2 min rds sparring	____	____ Brown Tip Date: _____	____
____ How to conduct match	____		
____ Green Tip Date: _____	____		

REQUIREMENTS	
____ Attitude/Effort- Purples Tip Date: _____	____
____ 30 minute Meditation Date: _____	____
____ 34 classes/6 sparring/9 assisting-Red Tip Date: _____	____
____ Terminology/Meaning of Forms-Black Tip Date: _____	____
Paper: Victory and Success in goal setting in martial arts	
\$30 test fee (\$25 annual OMAC Fee)	

INSTRUCTOR NOTES	

Instructor Signature	