

# AMERICAN ACADEMY OF TAE KWON DO

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## Red Belt Study Guide

Category	Description
Poomsae (Form)	Taeguk Form 7
Self-Defense	Ju Jitsu holds and Escapes 1 & 2
Kicking/Hand Technique	Back Swing, Jumping Back Swing, Palm Block
Stances/Movements	Tiger Stance, Double Sen Su Block
Breaking	Back Swing
Sparring	8 Rounds
School Knowledge	Meaning of Tae Guk Form 7

