

Red Belt: Red signifies the heat of the Sun as the plant continues growing toward it. The student acquires more detailed knowledge, and the plant grows slowly upward. Red is a sign of danger, used to warn others of the student's knowledge and abilities. The red belt student must learn to be more cautious with their knowledge and physical abilities.

Red Belt Form - Choong-Moo (31 Moves)

| Move Number | Direction / Turn | Stance | Foot Technique | Hand Technique |
|-------------------------|---------------------------|--------------------|-----------------------|-----------------------------------|
| Ready Stance "A" | | | | |
| 1 | Left 90° | Left Back Stance | | Knifehand Square Block |
| 2 | Step Forward | Right Front Stance | | Knifehand/Ridgehand and Box Block |
| 3 | Right 180° | Right Back Stance | | Right Double Knifehand |
| 4 | Step Forward | Right Front Stance | | Left Reverse Spearhand |
| 5 | Left 90° | Left Back Stance | | Left Double Knifehand Block |
| 6 | Right 180° | | Right #1 Side Kick | |
| 7 | Left 180° | Left Back Stance | | Left Double Knifehand Block |
| 8 | Two Steps, Left 180° | | Right Flying Sidekick | |
| 9 | | Right Back Stance | | Right Double Knifehand |
| 10 | Left 270° | Left Back Stance | | Left Low Block |
| 11 | Shift | Left Front Stance | | Thumb Strikes to Eyes, Head Grab |
| 12 | | | Right Knee Smash | |
| | [land with feet together] | Closed Stance | | Ready for Right RidgeHand |
| 13 | Left 90° | Left Front Stance | | Right Reverse Ridgehand |
| 14 | | | Right #2 Round Kick | |
| 15 | | | Left Spin SideKick | |
| 16 | Right 180° | Right Back Stance | | Right Double Fist Block |

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|----|-------------------------------|--------------------|--------------------|-----------------------------------|
| 17 | | | #2 Left Roundkick | |
| | | Closed Stance | | Ready for C-Grab |
| 18 | Right 90° | Right Back Stance | | C-Grab |
| 19 | Left 360° Jump | Right Back Stance | | Right Double Knifehand |
| 20 | Step Forward | Left Front Stance | | Right Reverse Low Spearhand |
| 21 | Shift | Left Back Stance | | Left Low Block/ Right Backfist |
| 22 | Step Forward | Right Front Stance | | Right Middle Spearhand |
| 23 | Left 270° | Right Front Stance | | Left Double Inner Forearm |
| 24 | [right leg moves] Left 90° | Sitting Stance | | Right Outside Block |
| 25 | | Sitting Stance | | Right Backfist |
| 26 | | | Right #2 Side Kick | |
| 27 | | | Left #2 Side Kick | |
| 28 | | Right Back Stance | | Knifehand High X-Block |
| 29 | Step Forward | Left Front Stance | | Twin Upset Palm Heels |
| 30 | Right 180° | Right Front Stance | | Right HighBlock |
| 31 | | Right Front Stance | | Left Reverse Punch High |