

2nd Kup (Red) – 1st Kup (Black Tag) Grading Information

(Korean terms are bracketed and in italics)

Required Theory:

Movements:

Close stance type C	-(<i>Moa Sogi C</i>)
Vertical stance	-(<i>Soojik Sogi</i>)
Fixed stance	-(<i>Gojung Sogi</i>)
Palm pushing block	-(<i>Sonbadak Miro Makgi</i>)
Low X block	-(<i>Najunde Kyocha Makgi</i>)
Left upwards punch	-(<i>Wen Ollyo Jirugi</i>)
Side elbow strike	-(<i>Yop Palkup Taerigi</i>)
Downward Knife hand	-(<i>Naeryo Sonkal</i>)
Sliding	-(<i>Mikulgi</i>)

Significance Of Belt Colours:

- Red Signifies danger, cautioning the student to exercise control and warning the opponents to stay away.
- Black Opposite of white, therefore signifying the maturity and proficiency in Tae Kwon-Do. Also indicates the wearers imperviousness to darkness and year.

Pattern:

Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1350 years ago. This group eventually became the actual driving force for the unification of the three Kingdoms of Korea. The 29 movements refer to the 29th Infantry Division, where Tae Kwon-Do developed into maturity.

Required Exercises:

Hwa Rang (Previous Patterns)	Power Test
Line work	two step sparring (<i>Ibo Matsoki</i>)
Self defence	One step sparring (<i>Ilbo Matsoki</i>)
Free sparring (<i>Jayoo Matsoki</i>)	Theory
2V1 free sparring	Jump Reverse side kick
Hand & Foot combinations	Jump side kick and turning kick