


RED BELT – 2nd KUP

THEORY

Hwa-Rang - is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

Diagram = 

A Red Belt signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

TERMINOLOGY

- | | | |
|--------------------------------|---|----------------------------|
| Close Ready Stance Type C | ▪ | Moa Junbi Sogi C |
| Vertical Stance | ▪ | Soojik Sogi |
| Palm Pushing Block | ▪ | Sonbadak Miro Makgi |
| Knifehand Side Downward Strike | ▪ | Sonkal Yop Naeryo Taerigi |
| Side Elbow Thrust | ▪ | Yop Palkup Tulgi |
| Side Front Block | ▪ | Yobap Makgi |
| Stepping | ▪ | Omgyo Didigi |
| Flying Reverse Turning Kick | ▪ | Twimyo Bandae Dollyo Chagi |

GRADING SYLLABUS

BASIC TECHNIQUES

Any 4 kicking combinations chosen by the examiner Forward x 4

PATTERNS

Any 4 patterns from Chon Ji to Toi Gye Tul
Hwa Rang Tul

SPARRING

1 Step Sparring (Attack – Any Technique)
Free Sparring
2 v 1 Free Sparring

SELF DEFENCE

4 Prearranged Releases:
1) Rear Choke Hold
2) Rear Choke Hold
3) Rear Bear Hug
4) Rear Arm Lock

POWER TEST

Any Hand Technique; Opposite hand to previous grading
(1 Board, or Kick shield for under 16's)
Side Kick; Opposite leg to previous grading
(2 Boards, or Kick shield for under 16's)
Left & Right Flying Reverse Turning Kick (Kick Shield)

THEORY