



2ND KUP



YOU MUST KNOW EVERY THING FOR PREVIOUS GRADES.
DO NOT FORGET WHAT YOU'VE ALREADY LEARNT!

PATTERN: HWA RANG

Number of moves: 29

Interpretation: Hwa Rang is named after the Hwa Rang Youth Group which originated in the Silla Dynasty about 600 AD. This group eventually became the actual driving force for the unification of the 3 Kingdoms of Korea. The 29 movements refer to the 29th Infantry Division where Tae Kwon-Do developed into maturity.

Diagram:



Ready Position: Moa Chunbi Sogi C

OTHER SET SPARRING... Can be 3 step, 3 step semi- free (any level), or 2 step.

1 STEP SPARRING:....Must be more advanced than previous grading

FREE SPARRING: SEVERAL ROUNDS, SHOWING GOOD ATTACK/ DEFENCE SKILLS/ MOVEMENT/ COMBINATIONS ETC.

GENERAL QUESTIONS:

What does moa chunbi sogi C represent? The 3 Kingdoms of Korea.

What does the colour black signify? Black is opposite to white therefore signifying maturity and proficiency in Tae Kwon-Do. It also indicates the wearers imperviousness to darkness and fear.

Name a kick that uses back sole... Dwit Chagi (traditional back kick)

Name 3 kicks that use back heel... Golcho Chagi (Hook Kick)

Naeryo Kick (Downwards Kick)

Bandae Dollyo Chagi (Rev. Turn kick)

KOREAN:

Palm pushing Block.....Sonbadak Miro Makgi

Upwards Punch.....Ollyo Jirugi

Side Punch.....Yop Jirugi

Downwards Knifehand Strike.....Naeryo Sonkal Taerigi

Turning Kick.....Dollyo Chagi

Side Elbow Strike.....Yop Palkup Taerigi

Consecutive Kick.....Yonsok Chagi

Instep.....Baldung

Back Heel.....Dwit Chook

Back Sole.....Dwi Kumchi