

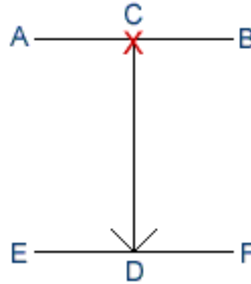
Bucks Taekwon-Do Academy 2nd Kup

RED BELT STUDY SHEET

2nd KUP - RED BELT STUDY SHEET Training period 5 months.

2nd Kup Pattern: Hwa-Rang-29 Movements. Diagram 'P'. Ready-Moa Jumbi Sogi C.

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.



Colour Black: Opposite of white, therefore, signifying maturity and proficiency in Taekwon-Do. Also indicates the wearer's imperviousness to darkness and fear.

Stance

L-Stance stance
Walking stance
Sitting stance
Closed Stance
Vertical stance
Fixed stance

Sogi

Nuinja sogi
Gunnun sogi
Annun sogi
Moa Sogi
Soo jik sogi
Gojung sogi

Blocks

Low outer forearm block
Twin forearm block
X-Fist pressing block
High side / front inner forearm block
High knife hand guarding block
Palm pushing block

Makgi

Najunde bakat palmok makgi
Sang palmok makgi
Kyocha joomuk noollo makgi
Napunde yop / ap an palmok makgi
Napunde sonkal dabej makgi
Sonbadak miro makgi

Punches

Middle punch
Upper punch

Jirugi

Kaunde jurigi
Ollyo jurigi

Strike

Downward knife hand strike
Middle knife hand side strike

Taerigi

Naeryo sonkal taerigi
Kuande sonkal yop taerigi

Thrust

Straight fingertip thrust
Side elbow thrust

Tulgi

Sun sonkut tulgi
Yop palkup tulgi

Kick

Middle side piercing kick
High turning kick

Chagi

Kuande yop cha jirugi
Napunde dollyo chagi

Two against one sparring

It is necessary to defend yourself against two opponents, with emphasis on your own safety, how to manoeuvre yourself so you need only defend against one person at a time, effective blocks mainly outside blocks and only counter attack when safe.

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RED BELT STUDY SHEET

Grading for 1st Kup Red Belt / Black Tag

1. Toi-Gye Tul.
2. Hwa-Rang Tul.
3. Another pattern either your own or the examiner's choice.
4. Kick combinations of the examiner's choice.
5. Free sparring, and 2 vs 1 sparring.
6. Student must measure and break 2 boards with choice kick, both legs.
7. For W level pass student must measure confidently and break 2 boards with both legs, with kick of the examiner's choice.

Questions

This is just an indication of the type of questions asked at the 1st Kup Grading and can also relate to previous study sheets and information taught in class.

1. Who were the Hwa-Rang? What is the significance of the 29 movements?
2. What is the difference between the sixth movement of Hwa-Rang and the sixth movement of Won-Hyo?
3. What is the purpose of the 11th movement of Hwa-Rang?
4. Name and explain the purpose of the 26th and 27th movements of Hwa-Rang.
5. What is the meaning of the colour black?
6. Name and indicate all the parts of your hand and arm.
7. Name and demonstrate all the blocks you know.
8. Name all the offensive techniques you can do with Ap Joomuck.
9. Name and indicate all the parts of your foot.
10. Name and demonstrate all the kicks you know, offensive and then defensive.
11. Name and demonstrate all the stances you know.