



Grading information for: 2 KUP

**Black belt** – Opposite to white, therefore signifying the maturity and proficiency in Tae Kwon Do. Also indicates the wearers impervious to darkness and fear

**Pattern: HWA RANG (29 Movements)**

HWA RANG is named after the Hwa Rang Youth Group which originated in the Silla Dynasty about 600 A.D. 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.

### **STANCES**

Closed Stance 'B'

'L' Stance

Walking Stance

Sitting Stance

'X' Stance

MOA SOGI 'B'

NIUNJA SOGI

GUNNAN SOGI

ANNUN SOGI

KYOCHA SOGI

### **BLOCKS**

High Forearm Block

High Hooking Block

Twin Knife hand Block

High Outer Forearm Block

Double Forearm Block

NOPUNDE AN PALMOK MAKGI

NOPUNDE GOLCHO MAKGI

SANG SONKAL MAKGI

NOPUNDE BAKAT PALMOK MAKGI

DOO PALMOK MAKGI

### **ATTACKS**

Middle Fore fist Punch

Low Front Snap Kick

Middle Side Piercing Kick

Front Elbow Strike

Middle Straight Fingertip Thrust

High Side Backlist Strike

KAUNDE AP JOOMAK JIRUGI

NAJUNDE AP CHA BUSIGI

KAUNDE YOP CHA BUSIGI

AP PALKUP TAERIGI

KAUNDE SUN SONKUT TULGI

NOPUNDE DUNG JOOMAK YOP TAERIGI

## OTHER THEORY

### **TWO STEP SPARRING FREE SPARRING**

IBO MATSOKI  
JAYOO MATSOKI

### **BLOCKS**

Waist Block  
X Fist Pressing Block  
Upward Palm Block

HORI MAKGI  
KYOCHA JOOMUK NOOLLO MAKGI  
SONBADAK OLLYO MAKGI

### **ATTACKS**

Palm Strike  
Reverse Knife hand Strike  
Arc hand Strike  
Side Fist Strike  
Knife hand Strike  
Back fist Strike

SONBADAK TAERIGI  
SONKAL DUNG TAERIGI  
BANDALSON TAERIGI  
YOP JOOMUK TAERIGI  
SONKAL TAERIGI  
DUNG JOOMUK TAERIGI

### **KICKS**

Axe Kick  
Reverse Side Kick  
Reverse Turning Kick

NAERYO CHAGI  
BANDEA YOP CHAGI  
BANDEA DOLLYO CHAGI