

South Midlands Tae Kwon-Do

GRADING INFORMATION – 2nd KUP / RED BELT

Practical Grading Required

Pattern - Hwa Rang

3 Patterns (1 Student's Choice, 2 Examiner's Choice)

Line work examiner's choice

1 Step Sparring

Other Step Sparring

Pad Work – Sparring Routines, 30 seconds hands, 30 seconds feet

Free Sparring

Theory Study Required

Interpretation of Hwa Rang

Hwa Rang, 29 movement pattern - is named after the Hwa Rang youth group, which originated in the Silla Dynasty about 600 AD and became the 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.

Korean Terminology Study Required

Close ready stance 'C' Moa junbi sogi 'C'

Upward punch Ollyo jirugi

Knife-hand downward strike Sonkal naeryo taerigi

Side elbow thrust Yop palkup tulgi

Reverse hooking kick Bandae dollyo goro chagi

Consecutive kick Yonsok chagi

Twisting kick Bituro chagi

Side sole Yop bal badak

Toes Balkut

Open fist Pyon joomuk

Under forearm Mit palmok

Back forearm Dung palmok

Sliding Mikulgi

Turning Dolgi

Grabbing Butjaba

(Variations of the grading format are at the examiners discretion, this sheet is for guidance only)