



RED BELT - 2 th KUP GRADE (FOR BLACK TAG BELT)

PRACTICAL TEST

PATTERNS

- **Hwa-Rang Tul** (29 Movements)
- **Toi-Gye Tul** (37 Movements)
- **Joong-Gun Tul** (32 Movements)
- **Yul-Gok Tul** (38 Movements)
- **Won-Hyo Tul** (28 Movements)
- **Do-san Tul** (24 Movements)
- **Dan-Gun Tul** (21 Movements)
- **Chon-Ji Tul** (19 Movements)

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

BASIC HAND TECHNIQUES

- | | | |
|---|---|---------------------------------|
| Sitting stance palm pushing block | - | Annun so sonbadak miro makgi |
| L stance upward punch | - | Niunja so ollyo jirugi |
| L stance side elbow thrust | - | Niunja so Yop palkup tulgi |
| Closed stance inner forearm side front block | - | Mao so an palmok yopbap makgi |
| L stance obverse punch | - | Niunja so baro jirugi |
| Vertical stance knife hand downward strike | - | Soojik so sonkal naeryo taerigi |
| L stance knife hand guarding block | - | Niunja so sonkal daebi makgi |
| Fixed stance side punch | - | Gojung so yop jirugi |

BASIC KICKING :

- **Flying side kick**
- **Flying turning kick**
- **Flying front snap kick**

SYLLABUS 2nd KUP



SKIPPING KICK

ONE STEP SPARRING

SELF DEFENSE / HO SIN SUL

- | | | |
|--------------------------------------|---|------------------------|
| Against a Wrist grab | - | Against rear bear hug |
| Against a cross wrist grab | - | Against front bear hug |
| Against a shoulder grab | - | Against side head lock |
| Against a lapel grab | - | Against front choke |
| Against hair grab (front and behind) | - | Against rear choke |

FREE SPARRING : (one on one and two on one)

POWER TEST : 1 INCH BOARD (jumping side kick and jumping turning kick)

THEORY TEST :

The meaning of Hwa-Rang Tul - See the pattern above #

The application of the techniques - Study the pattern

- | | | |
|---------------------------------------|---|-----------------------|
| Vertical stance | - | Soojik sogi |
| Palm pushing block | - | Sonbadak Miro makgi |
| Upward punch | - | Ollyo jirugi |
| Knife hand downward strike | - | Sonkal naeryo taerigi |
| Turning kick | - | Dollyo chagi |
| Side elbow thrust | - | Yop palkup tulgi |
| Inner forearm side front block | - | Anpalmok yobap makgi |
| Sweeping block | - | Hullyo makgi |
| Vertical kick | - | Sewo chagi |
| Twin foot kick | - | Sang Bal chagi |
| Flying kick | - | Twimyo chagi |
| Instep | - | Baldal |

The meaning of Red belt : signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

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