



# HED TKD

TAE KWON-DO SCHOOLS

## GRADING INFORMATION 2<sup>ND</sup> KUP – RED BELT

### PRACTICAL

Pattern Hwa Rang	Combinations from Patterns
Three Patterns	Sparring Combinations
Other 3 and 2 Step Sparring	Pad Work
1 Step Sparring (Advanced)	Free Sparring

### MEANING OF COLOUR BLACK

Black is the opposite to white, therefore signifying maturity and proficiency in Tae Kwon-Do. It also indicates the wearers imperviousness to darkness and fear.

### INTERPRETATION OF THE PATTERN

Hwa Rang is named after the Hwa Rang youth group which originated in the Silla Dynasty around 600 AD. This group eventually became the actual driving force for the unification of the Three Kingdoms of Korea. The 29 movements refer to the 29<sup>th</sup> Infantry Division where Tae Kwon-Do developed into maturity. Hwa Rang literally means “flowering youth” or “way of flowering manhood”. 29 moves.

The Three Kingdoms of Korea were Silla, Koguryo and Baek Je  
(note: The crossing of the three fingers in the hand position of the ready stance MOA chunbi signifies these three kingdoms)

### NEW MOVEMENTS IN THE PATTERN

Close Ready Stance C	Moa Chunbi Sogi C
Middle Front Palm Pushing Block	Kaunde Ap Sonbadak Miro Makgi
Front Fist Upward Punch	Ap Joomuk Ollyo Jirugi
Slide	Mikulgi
Vertical Stance	Soo Jik Sogi
	Weight back 60%, front 40% both knees straight. “L” shaped, ½ shoulder width long.
Knife Hand Downward Strike	Sonkal Naeryo Taerigi
High Turning Kick	Nopunde Dollyo Chagi <i>uses (Ap Kumchi)</i>
L Stance Obverse Punch	Niunja Sogi Baro Ap Joomuk Jirugi
Side Elbow Strike	Yop Palkup Taerigi
Low Outer Forearm Block &	Najunde Bakat Palmok Makgi &
Middle Inner Forearm Block (slowly)	Kaunde An Palmok Makgi

### NEW TERMINOLOGY

Courtesy	Ye Ui	Self Control	Guk Gi
Perseverance	In Nae	Indomitable Spirit	Baekjul Boolgool
Integrity	Yom Chi		