**2nd Kup Red Belt Revision Sheet**

**Red Belt means:**

Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

**Practical:**

Always attend at least one Red belt pre-grading every 6 months once you become a 2 nd Kup.

Pattern Hwa Rang Combinations from Patterns

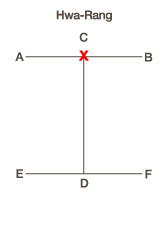
Three Patterns Sparring Combinations

Other 3 and 2 Step Sparring Pad Work

1 Step Sparring (Advanced) Free Sparring

**Hwa-Rang:**

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 29th 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 Sogi C signifies these three kingdoms)

**Terminology:**

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.

Knife Hand Downward Strike Sonkal Naeryo Taerigi

High Turning Kick Nopunde Dollyo Chagi

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 Kaunde An Palmok Makgi

Courtesy Ye Ui

Self Control Guk Gi

Integrity Yom Chi

Indomitable Spirit Baekjul Boolgool

Perseverance In Nae