


Red Belt ▷ Black Tag

A **Red Belt** signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

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

Number of movements = 29

Diagram = 

Fundamentals - stepping forward

X Fist Pressing Block - Walking Stance x4
(turn to L Stance Guarding Block)

Upward Punch - L Stance x4 (turn to LSGB)

2x High Turning Kick (back leg),
Knifehand Guarding Block x4 (turn to LSGB)

Obverse Punch - L Stance x4 (turn to LSGB)

360° Turning Kick (switch) x4 (turn to LSGB)

Side Front Snap Kick, Downward Kick (front leg),
- Jumping Back Kick (rear leg) x4

Theory Questions

Pattern name and meaning

Meaning of belt colour

| | |
|--------------------|---------------------|
| Vertical Stance | Soojik Sogi |
| Palm Pushing Block | Sonbadak Miro Makgi |
| Side Elbow Thrust | Yop Palkup Tulgi |
| Side Front Block | Yobap Makgi |
| Upward Punch | Ollyo Jlrugi |
| 1 Step Sparring | Ilbo Matsogi |

Grading Test - 2nd Kup

• Patterns

Chon-Ji to Hwa-Rang

• Fundamentals

• Self Defence

Release from arm lock

• Padwork

Jump Reverse Turning Kick x3
- left & right

• Sparring

1 Step Sparring
Free Sparring
2 vs 1 Sparring

• Power Test

Any hand technique
Back Kick (other leg)

• Theory Questions

