

2nd Gup Requirements

2nd

Patterns

- Hwa-Rang Tul (Including all previous patterns)

Kicking

- Mid-air reverse turning kick (Twio Banae Dollyo Chagi)
- Consecutive kicking (Yonsok Chagi)
- Hooking kick / Turning kick / Side kick
- Inward crescent kick / Side kick

Blocking

- Palm pushing block (Sonbadak Miro Makgi)

Striking

- Upward punch (Ollyo Jirugi)
- Knifehand downward strike (Sonkal Naeryo Taerigi)
- Side elbow thrust (Yop Palkup Tulgi)
- L-stance obverse punch (Niunja so Baro Jirugi)

Stances

- Close ready stance C (Moa Junbi Sogi C)
- Vertical stance (Soo Jik Sogi)

Sparring

- One step sparring from patterns (Ilbo Matsogi)
- Two step sparring: - students choice (lbo Matsogi)
- Free-sparring (Jayo Matsogi) 1x, 2 x, 3 x

Self-Defence

- Quick fire approach

Breaking techniques

- Reverse turning kick - suspended mid air
- Blind folded punch
- Jumping back kick
- Student option

Terminology/Theory

Meaning and number of movements in Hwa-Rang

Hwa-Rang Warrior code of conduct

Principals of power development

Names and application of fundamental movements (as above)

Attendance

Recommended Minimum 200 classes

Hwa-Rang (29 movements)

The pattern 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.

Other requirements

Commitment to mentoring little kicks students. Before you grade you must have proven that your mentoring has contributed to the success of another student within little kicks class.