

What does black belt signify? “A black belt is opposite to white, therefore signifying maturity and proficiency in Tae Kwon-Do. It also indicates the wearer’s imperviousness to darkness and fear”.



Pattern **HWA-RANG** (29 movements) *meaning*

‘HWA-RANG means “flowering youth” and is named after the Hwa-Rang youth group which originated in the Silla Dynasty around 600 A.D. 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.’

General terms

- Flying – **TWIMYO**

Parts of the body

- Instep – **BALDUNG**
- Reverse footsword – **BALKAL DUNG**

Basic Movements (Defensive)

- Pushing block – **MIRO MAKGI**

Basic Movements (Offensive)

- Upward punch– **OLLYO JIRUGI**
- Downward punch – **NAERYO JIRUGI**
- Vertical kick – **SEWO CHAGI**
- Twisting kick – **BITURO CHAGI**

YOUR 2nd KUP GRADING

- IDENTIFY YOURSELF
- COMBINATION LINEWORK, INCLUDING TECHNIQUES FROM PATTERNS AND JUMPING KICKS
- PATTERNS SET BY GRADE EXAMINER
- PATTERN – HWA-RANG
- ONE STEP SPARRING – (ADVANCED)
- TWO STEP SPARRING
- THREE STEP SEMI-FREE SPARRING
- FREE SPARRING
(either one or more set sparring exercise)
- ALL THEORY UP TO AND INCLUDING THIS PAGE