

**FITNESS**

- ☐ 45 sec. Push Ups    ☐ 45 sec Sit Up  
☐ 45 sec. Consecutive Turning Kicks

**SPECIALTY KICKING****Sliders**

- ☐ Front   ☐ Side   ☐ Turning   ☐ Spin Side

**Running Jump:**

- ☐ Front   ☐ Flying Side   ☐ Turning

**Triple Kicking:**

- ☐ Front to D   ☐ Side to A   ☐ Turning to AD

☐ **SELF DEFENSE**

1. 1 Hand Choke Front
2. 2 Hand Choke Front/Rear
3. 1 Arm Choke From Behind
4. Head Lock Front/Rear
5. Full Nelson

☐ **-1- STEP SPARRING**

7. Dbl Knifehand Block  
R Knifehand, R Elbow, R Strike
8. Dbl Knifehand Block  
R Rear Elbow, Pivot- Spin Elbow
9. L Knifehand Block w/ R Knifehand Inward Strike, L Knifehand Inward Strike  
R Middle Upset Punch, R Uppercut  
R Upward Elbow Strike
10. L Low Front Kick  
R Middle-High Side Kick (consecutive)
11. Step back L Upward Palm Block  
R Spin Side
12. Step back L Downward Palm Block  
R Reverse Hook Kick

- ☐ **PATTERN**    **Toi Gye**  
☐ **PATTERN**    **Hwa Rang**  
☐ **PATTERN**    **Kicking Pattern**

Write it out, diagram it and name it.

☐ **Educational Requirements**

-See requirement listed-

**SPARRING** - Line Up By Height

**NOTE: Sparring Gear is Required.**

**FOCUS BREAK**

- ☐ Adult- Jump High Kick / Inward Knife Hand  
☐ Junior- 360° Spin Side Kick / Hammerfist

- ☐ **PATTERN**    **Toi Gye**    **37 Moves**

- ☐ **PATTERN**    **Hwa Rang**    **29 Moves**

- ☐ **Kicking Pattern**

Minimum 19 moves - kicks/blocks only  
 Write it out, diagram it & name it.

**EDUCATION**

☐ **HWA RANG MEANING:** 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.

- ☐ **READY POSTURE** Closed Ready Stance C

- ☐ **Prepare a verbal essay (explanation) of the "Taekwon-Do" history.**

- ☐ **Recite the "Hwa-Rang Warriors Code"**

Be loyal to your king.  
 Be obedient to your parents.  
 Be honorable to your friends.  
 Never retreat in battle.  
 Make a just kill.

- ☐ **Recite the 9 rules to Pattern practice.**

1. Patterns begin & end in the same spot.
2. Maintain correct posture & facing at all times.
3. Tense or relax muscles at proper moments in exercise.
4. Perform with rhythmic movement, an absence of stiffness.
5. Accelerate or decelerate according to instructor.
6. Perfect each pattern before moving on to the next.
7. Know the purpose of each movement.
8. Perform each movement with realism.
9. Attacks & defense should be performed equally among the right & left hands & feet.

- ☐ **Create a "Kicking Pattern" 18 + moves**

Kick and guard only. No hand strikes.

Follow "Rules to Pattern Practice".

Write it out, diagram it and name it.

- ☐ **Explain the "6 elements to the "theory of power."** -See Student Handbook-

Reaction Force    Concentration    Speed  
 Equilibrium    Breath Control    Mass

- ☐ **Detail a "Vertical" Stance (Short L-Stance)**  
 60/40 Shoulder Long, Legs Straight. Move # 7

**PATTERN REQUIREMENT** - Patterns can be seen on line at [www.usaunified.com](http://www.usaunified.com)**HWA RANG 29 Moves**    **Closed Ready Stance 'C'**

Count	Technique	Stance	Facing	Comment
1.	L Palm Pushing Block	Sitting	D	
2.	R Middle Punch	Sitting	D	
3.	L Middle Punch	Sitting	D	
4.	Twin Outer Forearm Block	L	A	
5.	L Upset Pinch	L	A	
6.	R Middle Punch	Fixed	A	
7.	R Downward Knifehand	Vertical	A	
8.	L Middle Punch	Walking	A	
9.	L Low Block	Walking	D	
10.	R Middle Punch	Walking	D	
11.	Pull L Foot to R Foot, L Palm to R Fist		D	
12.	R Middle Side Kick		D	Pull hands in opposite direction
	Land R Middle Knifehand	L	D	
13.	L Middle Punch	Walking	D	
14.	R Middle Punch	Walking	D	
15.	Dbl Knifehand Block	L	A	Turn Counter-Clockwise
16.	R Middle Fingertip Thrust	Walking	A	
17.	Dbl Knifehand Middle Block	L	B	Spot Turn
18.	R High Turning Kick		BD	
19.	L High Turning Kick		BC	Land Dbl Knifehand Guard
20.	L Outer Forearm Low Block	Walking	C	
21.	Pull L Foot    R Middle Punch	L	BC	
22.	L Middle Punch	L	AC	
23.	R Middle Punch	L	BC	
24.	Slip L Foot/X-Fist Low Block	Walking	C	
25.	Rear Elbow Thrust to C	L	D	
	Bring Left Foot to Right Foot Turning Counter-Clockwise			
26.	R Inner Forearm High Side Block		B	
27.	L Inner Forearm High Side Block		B	
28.	Dbl Knifehand Middle Block	L	B	
29.	Dbl Knifehand Middle Block	L	A	

**END:** Bring the right foot back to a ready posture.

