

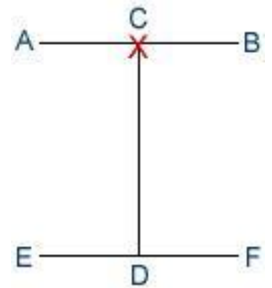
GRADING INFORMATION FOR 2ND KUP RED BELT

PRACTICAL (SEE STUDENT HAND BOOK)

THEORY

BLACK BELT - OPPOSITE OF WHITE, THERE FOR SIGNIFYING MATURITY AND PROFICENCY IN TAE KWONDO. IT ALSO INDICATES THE WEARERS IMPERVIOUSNESS TO DARKNESS AND FEAR.

HWA-RANG - IS NAMED AFTER THE HWA-RANG YOUTH GROUP WHICH ORIGINATED IN THE SILLA DYNASTY AROUND 600AD. THIS GROUP EVENTUALLY BECAME THE ACTUAL DRIVING FORCE FOR THE UNIFICATION OF THE KINGDOMS OF KOREA. THE 29 MOVEMENTS REFER TO THE 29TH INFANTRY DIVISION WHERE TAEKWON DO DEVELOPED INTO MATURITY.



STANCES IN HWA-RANG

CLOSED READY STANCE	MOA JUNBI SOGI
SITTING STANCE	ANNUN SOGI
L STANCE	NUINJA SOGI
FIXED STANCE	GOJANG SOGI
VERTICAL STANCE	SOOJIK SOGI
WALKING STANCE	GUNNAN SOGI
CLOSE STANVE	MOA SOGI

BLOCKS IN HWA-RANG

PALM HEEL PUSHING BLOCK	SONBADAK MIRO MAKGI
TWIN FOREARM BLOCK	SANG PALMOK MAKGI
LOW BLOCK	NAJUNDE MAKGI
KNIFEHAND GAURDING BLOCK	SONKAL DAEBI MAKGI
X-FIST PRESSING BLOCK	KYOCHA JOOMUK NOOLO MAKGI
LOW BLOCK/MIDDLE BLOCK	NAJUNDI MAKGI/KAUNDE MAKGI

ATTACKS IN HWA-RANG

DOUBLE PUNCH	DOO JURIGI
UPWARD PUNCH	OLLYO JURIGI
MIDDLE SIDE PUNCH	KAUNDE YOP JURIGI
DOWNWARD KNIFEHAND STRIKE	NAERYO SONKAL TAERIGI
FRONT PUNCH	AP JURIGI
MIDDLE SIDE PIERCING KICK	KAUNDE YOP CHA JIRUGI
KNIFE HAND STRIKE	SONKAL TAERIGI
STRAIGHT FINGERTIP THRUST	SUN SONKUP TULGI
HIGH TURNING KICK	NOPUNDE DOLLYO CHAGI
SIDE ELBOW STRIKE	YOP PALKUP TAERIGI