

2nd Kup - Red Belt Study Sheet



Black is the opposite to white, therefore signifies maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.



Misc Technical

Twisting kick - Bituro chagi
Jumping kick - Twimyo chagi
'X' fist - Kyocho
checking - sonkal
block - momchau makgi
Twin palm - Sang
upward - sonbadak
block - ollyo makgi
Throwing - Dunjigi wa
techniques - torojigi
Skip kick - Duro gamyo chagi

Stance – Sogi

Close ready 'C' - Moa Junbi 'C'

2nd Kup Pattern: **Hwa-Rang** (29 Movements)

Is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. 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.

Notes on Hwa-Rang. Hwa-Rang means "flowering youth" or "flower of youth". Each Hwa-Rang group consisted of hundreds of thousands of members chosen from the young sons of the nobility. They trained to improve their moral principles and military skills. Hwa-Rang's hand and foot art was called Taek Kyon. The 29th infantry division was commanded by General Choi in 1953.

One Step Sparring (ILbo Matsoki)

Same as previous but now slightly more technical with combinations.

Self-defence Techniques (Hosin Sul) No 9. Against a choke hold from the front & rear + previous attacks.

Free Sparring (Jayoo Matsoki) – 2 v 1

Free sparring could be said to be a combination of all different types of sparring the student has previously experienced, e.g. 3-step, 2-step, semi-free, 1-step etc. Speed, timing, stamina, balance and flexibility are all important factors. This is the sport side of Taekwon-Do and should not be confused with self-defence. It is approached and studied in a totally different manner.

Pad Work (Byogae) or Power Destruction Test depending upon whether student over 18 years of age. Power test will be both hands and feet and may include jumping kicks.

Pad work likely to be sparring routine using hands and feet.