

GRADING REQUIREMENTS FOR 2ND KUP RED BELT

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 DRIVING FORCE BEHIND THE UNIFICATION OF THE THREE KINGDOMS OF KOREA. THE 29 MOVEMENTS REFER TO THE 29TH INFANTRY DIVISION WHERE TAE KWON DO DEVELOPED INTO MATURITY.

THIS TESTING REQUIRES A HIGH LEVEL OF KNOWLEDGE AND FITNESS

AS PREVIOUS GRADING PLUS:-

PRACTICAL/FLOORWORK

L-STANCE REVERSE PUNCH/ REVERSE ELBOW STRIKE/ VERTICAL STANCE
HIGH SECTION TURNING KICKS/ SINGLE UPSET PUNCH
BODY COMPOSURE/ SWITCHING STANCES/ BALANCE AND DIRECTION

LINEWORK

ADVANCED FIGHTING COMBINATIONS/ BLITZING/ SPINNING KICKS/ JUMPING KICKS
BOXING COMBINATIONS/ EXCHANGE FOOTWORK

BAGWORK

2 MINUTE ROUNDS

PATTERNS

CHON-JI TUL, DAN GUN TUL, DO SAN TUL, WON HYO TUL, YUL GOK TUL
JOON GUN TUL, TOI GYE TUL, HWA RANG TUL

SET SPARRING

2 STEP SPARRING 1-4
3 STEP SPARRING 1-10
1 STEP SPARRING

SEMI FREE SPARRING

3 STEP SEMI FREE SPARRING

FREE SPARRING

ONE-ON-ONE, TWO-ON-ONE
LEGS ONLY, HANDS ONLY, HANDS AND LEGS

LEG SPARRING

ONE FOR ONE

SELF DEFENCE

TAKE DOWNS

DESTRUCTION

REVERSE TURNING KICK OR REVERSE SIDE KICK/ BACK KICK

THEORY

VERTICAL ZONES OF ATTACK