



## 2nd gup Red–1st gup High Red Belt Training Sheet

—Know all previous techniques!

### Definitions

#### *Hwa-Rang:*

Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7<sup>th</sup> 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 Taekwon-Do developed into maturity. (29 movements)

#### *Definition of Rank: Red*

Red signifies danger, cautioning the student, and warning the opponent to stay away.

#### *Definition of Hwa-Rang*

The flower of youth

### Kicks and Foot Techniques

- Jumping spinning kicks (hook, wheel, back, vertical)
- Jumping double front kick
- Scissor action front kick and downward kick done consecutively

### Hand Techniques

- Twin forearm block followed by circular upset punch
- Lunging punch in a fixed stance
- Downward knife hand strike in a closed vertical stance
- Reverse punch in an “L” stance

### Stances

Closed vertical stance. Heels are brought together and the toes point at a 45-degree angle

### Patterns

#### *Hwa-Rang*

#### *Kibon #5*

#### *All previous patterns and kibons*

### Technical Knowledge

Definition of Hwa-Rang DO (form)

Definition of rank: Red

Definition of Hwa-Rang (flower of youth)

All previous knowledge and definitions

### Self Defense

Basic gun from front, back and side

### Sparring

One steps (4 with both students kneeling, 2 with one opponent standing)

Previous requirements

Free sparring (no contact)

### Breaking

Techniques and number of boards will be determined by the testing board.

Plan on being asked to break with any of your required foot techniques.

### Essay

You must complete a two-page essay on the importance of “respect” within the dojang. Give examples of how training would be different without it. This essay must be presented to Master Dunlavey prior to testing.