



GRADING SYLLABUS

2ND KUP RED BELT

TO

1ST KUP BLACK TAG

Hwa-Rang Tul

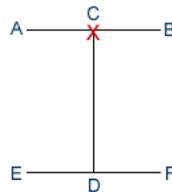
Interpretation: Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

Ready stance: Moa junbi sogi C

No of moves: 29

No of stances: 6

Pattern diagram



The instructions for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
4. Execute a twin forearm block while forming a left L-stance toward A, pivoting with the left foot.
5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.
7. Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.
8. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.
9. Move the left foot to D, forming a left walking stance toward D while executing a low block to D with the left forearm.
10. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Pull the left foot toward the right foot while bringing the left palm to the right forefist, at the same time bending the right elbow about 45 degrees outward.
12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction, and then lower it to D forming a left L-stance toward D, at the same time executing a middle outward strike to D with the right knife-hand.
13. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.
14. Move the right foot to D, forming a right walking stance toward D, at the same time executing a middle punch to D with the right fist.
15. Move the left foot to E, turning counter-clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand.



Hwa-Rang Tul (cont'd)

16. Move the right foot to E, forming a right walking stance toward E while executing a middle thrust to E with the right straight fingertip at the same time moving the left palm in a downward circular motion ending at the solar plexus.
17. Move the right foot on line EF, forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.
18. Execute a high turning kick to DF with the right foot and then lower it to F.
19. Execute a high turning kick to CF with the left foot and then lower it to F, forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.
Perform 18 and 19 in a fast motion.
20. Move the left foot to C, forming a left walking stance toward C while executing a low block to C with the left forearm.
21. Execute a middle punch to C with the right fist while forming a right L-stance toward C, pulling the left foot.
22. Move the right foot to C, forming a left L-stance toward C while executing a middle punch to C with the left fist.
23. Move the left foot to C, forming a right L-stance toward C while executing a middle punch to C with the right fist.
24. Execute a pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C.
25. Move the right foot to C in a sliding motion, forming a right L-stance toward D while thrusting to C with the right side elbow.
26. Bring the left foot to the right foot, turning counter-clockwise to form a close stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.
27. Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a close stance toward B.
28. Move the left foot to B, forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.
29. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command “baro” is given; at this point the right leg is moved to form closed ready stance C facing D.



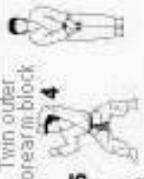

1 Mid palm pushing block
Sitting stances



2 Mid punches



3 Mid punches



4 Twin outer forearm block



5 Upset punch



6 L-stance



7 Downward knife hand strike



8 Mid punch



9 Low outer forearm block



10 Mid punch



11 Mid side kick



12 Outward knife-hand strike



13 Mid punch



14 Mid punch



15 Mid knife-hand guarding block



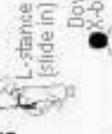
16 Mid inner forearm block



17 Low outer forearm block



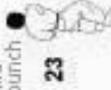
18 Elbow



19 L-stance (slide in)



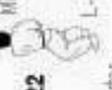
20 Downward X-block



21 Mid punch



22 L-stance



23 Mid punch



24 L-stance



25 Mid inner forearm block



26 Low outer forearm block



27 Mid knife-hand guarding block



28 L-stance



15 Mid knife-hand guarding block



16 Mid spear-hand



17 L-stance



18 Mid knife-hand guarding block



19 High turning kick



20 Mid knife-hand guarding block



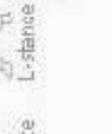
21 L-stance



15 Mid knife-hand guarding block



16 Mid spear-hand



17 L-stance



18 Mid knife-hand guarding block



19 High turning kick



20 Mid knife-hand guarding block



21 L-stance



One Step Advanced Sparring – Levels 1 - 4

TECHNIQUE 1 – SINGLE ARM GRAB

ATTACK: From a right L-stance, grab the defender's right wrist with your left hand

DEFENCE: From a right L-stance, twist your left wrist slightly clockwise towards the opponent's thumb and then quickly twist counter clockwise over and down (push/pull technique to loosen the opponent's grip) whilst slipping out with the front foot into left walking stance in fast motion. Counter with a high section punch to the opponent's face (as in Jung Gun moves)

REPEAT FOR OPPOSITE SIDE

TECHNIQUE 2 – SINGLE GRAB FROM BEHIND

ATTACK: From a parallel ready stance, grab the defender's right shoulder with your right arm while standing behind them.

DEFENCE: Step your right leg forward and spin anti-clockwise landing in a left walking stance, whilst performing an outer forearm outward block with the left hand followed by a reverse punch (as in Do San moves)

REPEAT FOR OPPOSITE SIDE

TECHNIQUE 3 – DOUBLE HAND NECK GRAB

ATTACK: From a right L-stance stance step forward with right leg and try to grab the defender with both hands around the neck

DEFENCE: Step right leg back into left walking stance whilst performing a wedging block followed by a power push in fast motion. Counter with a right leg snap kick landing forward in a right walking stance and execute an obverse mid-section punch followed by an obverse mid-section punch to the opponent's solar plexus in fast motion (as in Do San moves)

REPEAT FOR OPPOSITE SIDE

TECHNIQUE 4 – SWINGING PUNCH

ATTACK: From a right leg L-stance, step right leg forward and perform a right arm swinging punch

DEFENCE: Step right leg forward slightly to form a sitting stance at an angle to the attacker. Perform a hooking block with left hand; perform a right inward elbow strike to attacker's temple followed by a backward elbow strike to the temple. Let the striking arm go around the back of the opponent's head forcing them into a headlock and finish with a front knee.

REPEAT FOR THE OPPOSITE SIDE



Three Step Semi-Free Sparring – No. 5

Measure The attacker measures the distance between themselves and their opponent by making a right walking stance with their foot to the outside of their opponent's foot. Once this distance is established the attacker should return to parallel ready stance.

Start Positions **Attacker** – right L-stance, middle section forearm guarding block. Ki-hap to show that they are ready to begin.
Defender - parallel ready stance, ki-hap to show they are ready to defend.

Level 5 must be performed in full sparring equipment and is to be in fast motion.

Attack Stepping forward each time perform 3 hand or foot techniques

Defence Stepping any leg back each time with any block

Counter The defender then counters with any hand or foot technique which will form the first of their 3 attacks

Free Sparring

At this grading you will require full sparring equipment including groin guard and gum shield. You will be given a series of partners and will be required to spar with them. The aim of this sparring is to show your proficiency and ability to use as many kicks and offensive/defensive techniques as possible whilst showing the required level of control so as not to injure your opponent. This is grading sparring and not competition sparring.

Breaking

At this grading you will also be required to demonstrate board breaking. This is something you will have received close supervision and guidance on in classes and must NOT be attempted outside the Dojang. Students will be required to break a single board (juniors will work on a different level of board) using any hand or arm technique (left and right) and any kick (left and right).



Red Belt Theory & Terminology

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

Red Belt Colour Meaning:

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

Black Belt Colour Meaning:

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

Pattern:

Hwa-Rang Tul

Moves in Korean

Palm pushing block

Sonbadak miro makgi

Upward punch

Ollyo jirugi

Sliding

Milkulgi

Downward knife hand strike

Naereo sonkal taerigi



Korean Theory Sheet
2nd Kup Red Belt to 1st Kup Black Tag

YOU MUST BE ABLE TO GIVE YOUR BELT COLOUR MEANINGS AND PATTERN INTERPRETATION TO START THE PRE-GRADING ASSESSMENT. (THIS DOES NOT FORM PART OF THE SCORE FOR THIS SECTION).

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

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

Hwa-Rang 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.

For the Korean theory part of your grading you must be able to tell the Instructor or senior Black Belt 5 of the moves from the set sparring or pattern AND 4 additional pieces of information relevant to the grade.

| English | Korean | Tick if correct |
|--|-----------------------|-----------------|
| Palm pushing block | Sonbadak miro makgi | |
| Upward punch | Ollyo jirugi | |
| Sliding | Milkulgi | |
| Downward knife hand strike | Naereo sonkal taerigi | |
| Student must give 4 additional pieces of information | | |
| | | |

Student name: _____

Mark out of 9: _____

Assessed by: _____

Date: _____



Grading Check List
2nd Kup Red Belt to 1st Kup Black Tag

To be eligible to grade you must be able to perform the entire following checklist completely without assistance.

This form will need to be signed by your instructor and/or a senior Black Belt as well as by the student/parent to confirm that the student is ready to grade.

All of the information relevant to this grading can be found in the grading syllabuses for 10th – 2nd Kup

| | |
|---|--|
| Know everything from all of the previous grading syllabuses/checklists | |
| 50 Press ups | |
| Sitting stance, palm strike, double punch | |
| Walking stance, mid-section front kick, high section turning kick, double block | |
| L stance, twin forearm block, upward punch, slide both feet into fixed stance, side punch, pull front leg back to vertical stance, downward knife hand strike | |
| Walking stance, low block, pull foot back to L-stance, obverse punch | |
| Walking stance, obverse punch, release, front leg side kick, L-stance, knife hand strike | |
| Walking stance, X-fist pressing block, L-stance, rear elbow strike | |
| Jumping front kick | |
| Scissor front kick | |
| Step scissor front kick | |
| Student's choice pattern | |
| Toi-Gye Tul | |
| Hwa-Rang Tul | |
| One step advanced sparring levels 1-4 | |
| Three step semi-free sparring 1-5 | |
| Free sparring (full sparring kit required) | |
| Breaking – any hand or arm technique (left and right) | |
| Breaking – any kick (left and right) | |

Student's name: _____

Date of grading: _____

Email address to receive next syllabus: _____

Pre-grading Assessment

By signing below, both the student (or their parent) and senior Black Belt are confirming that the student is able to demonstrate all of the above to a good standard.

Name of pre-grading assessor: _____



Signed by pre-grading assessor: _____

Signed by student (or parent): _____

Date: _____