

PHIL THOMAS SCHOOLS OF TAEKWONDO

GRADING INFORMATION – 2nd KUP / RED BELT

Practical Grading Required

Pattern – Hwa-rang
3 further patterns of examiners choice

Line Work Examiner's Choice

1 Step Sparring
Other Step Sparring
Free Sparring (full safety equipment required)

Routine Pad Work (see separate sheet)

Theory Study Required

Interpretation of Hwa-rang

Hwa-rang, 29 movement pattern – is named after the Haw Rang youth group, which originated in the Silla Dynasty about 600 AD. This group eventually became the actual driving force for the unification of the kingdoms of Korea. The 29 movements refer to the 29 th infantry division, where Tae Kwon-Do developed into maturity.

Korean Terminology Study Required

Closed ready stance 'C'	Moa junbi sogi 'C'
Fixed stance	Gojung sogi
Vertical stance	Soo jik sogi
Closed stance	Moa sogi
Upward punch	Ollyo jirugi
Middle side punch	Kaunde yop jirugi
Knife – hand downward strike	Sonkal naeryo taerigi
Middle knife – hand side strike	Kaunde sonkal yop taerigi
Middle straight fingertip thrust	Kaunde son sonkut tulgi
High turning kick	Nopunde dollyo chagi
Side elbow strike	Yop palkup taerigi
Palm heel pushing block	Sonbadak miro makgi
Twin forearm block	Sang palmok makgi
Low block	Najunde makgi
Knife – hand grading block	Sonkal daebi makgi
'X' fist pressing block	Kyocha joomak noollo makgi