

Testing Information

2nd – 1st

Testing from Red Belt (2nd Gup) to Black Stripes (1st Gup)

Pattern (tul) & interpretation:

Hwa-Rang

Ready Stance: Closed Ready Stance Type C

Movements: 29

Diagram: I

Hwa-Rang 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 in this pattern refer to the 29th infantry division, where Taekwon-Do developed into maturity.

Step Sparring,:

lbo 2 step sparring advanced (3 counters)

llbo 1 step sparring 5 - flying kicks

libo 1 step sparring 5- jump kicks (2 feet - 1 hand with 3 counters)

Free Sparring,: no contact

Self-defense:

Demonstrate six pressure points against a passive partner

Demonstrate two pressure points against an attacking partner

Break:

360° Twimyo-Dwitcha-Jirugi Jump Back Piercing Kick 3 Boards Adult

2 Boards Junior

Yon-Sok-Chagi Consecutive Kick 3 station break - 2 boards/station

Ap-Cha-Busigi Front Kick 3 Boards Adult only

Dolly-Chagi Turning Kick 3 Boards Adult only

Kicking set

Kicking Sets: 15 kicks for you and 15 kicks for you partner (pre-arranged)

Kick pattern speciality: -

Develop a kicking routine to show all the test kicks in a rhythmic pattern of ground and aerial kicks. You need to use the 9 points observed while performing patterns. Your pattern should include the name, diagram, number of movements, and the pattern interpretation. You need to type or neatly write your pattern and turn it in to the testing board when you test. Use the following kicks in your pattern along with several different hand techniques

Front Snap Kick

Side Piercing Kick

Back Kick

Turning Kick

Hook Kick

Twist Kick - low section

Hooking Kick

Downward Kick

Jump Front Kick

180° Floor Sweep

Jump Side Kick

360° Jump Back Piercing Kick

Jump Back Piercing Kick

Reverse Jump Back Piercing Kick

Jump Turning Kick

Reverse Turning Kick

360° Jump Hook Kick

Reverse Hook Kick

Twist Kick - Middle Section

Vertical Kick

Crescent Kick

Waving Kick

Stances:

1. Closed Ready StanceType C hand position lines up with lower abdominal region and is 10 cm away.
 2. Vertical Stance shoulder width in length measure from reverse foot sword to tip of front toes. No width
- Weight distribution - 60% on rear leg/40% on front leg

Techniques:

1. Sitting Stance Palm Pushing Block
2. L-Stance Upward Punch
3. Vertical Stance Knife-hand Downward Strike
4. High Turning Kick
5. L-Stance Obverse Punch
6. L-Stance Side Elbow Thrust
7. Closed Stance High Inner Forearm Side Front Block

Belt:

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

The three (3) kingdoms of Ancient Korea:

1. Koguryo
2. Baek-Je
3. Silia

The five (5) parts of the Hwa-Rang Warrior Code:

1. Be Loyal to your King
2. Be obedient to your parents
3. Be honorable to your friends
4. Never retreat in a battle
5. Make a just kill

Student / instructor relationship:

1. Never tire of learning. A good student can learn anywhere, anytime. This is the secret of knowledge.
2. A good student must be willing to sacrifice for his art and instructor. Many students feel that their training is a commodity bought with monthly dues, and are unwilling to take part in demonstrations, teaching and work around the do-jang. An instructor can afford to lose this type of student.
3. Always set a good example for lower ranking students
4. Always be loyal and never criticize the instructor, Taekwon-Do or the teaching methods.
5. If an instructor teaches a technique, practice and attempt to utilize it.
6. Remember that a student's conduct outside the do-jang reflects on the art and instructor.
7. If a student adopts a technique from another do-jang and the instructor disapproves of it, the student must discard it immediately or train at the gym where the technique was learned.
8. Never be disrespectful to the instructor. Though student is allowed to disagree, the student must follow instructions first and discuss the matter later.
9. A student must always be eager to learn and ask question.
10. Never betray the instructor.

Miscellaneous:

Must have a partner for step sparring and self defense. Minimum of 6 months as a Red Belt.