Red Belt – Black Stripe

Tip work for Warriors and juniors is as follows:

- Name new pattern - Hwa Rang. How many moves in Hwa Rang? 29. L Stance obverse punch (Back hand)
- Consecutive kicking (turning kicks ala Hwa Rang). Name 3 moves in Korean from Hwa Rang
- L Stance upward punch. Count to 10 in Korean. Do San

The grading will be as follows:

1. Presentation and etiquette
2. L stance upwards punch
3. Consecutive kicking, 2 turning kicks
4. Hwa Rang
5. Do San
6. Free Sparring
7. 1 step sparring no.1-No.8
8. Breaking any hand technique
9. Breaking and foot technique
10. Questions

The following questions will need to be learned before progressing.

- **Meaning of Hwa Rang** Hwa Rang is named after the Hwa Rang Do youth group, which originated in the Silla dynasty in the early 7th century, the 29 movements represent the 29th infantry division, where Tae Kwon-Do developed into maturity.
- **How many moves in Hwa Rang?** 29
- **The Black belt** The colour Black is the opposite to white therefore signifying the maturity and proficiency in Tae Kwon Do. It also indicates the wearers imperviousness to darkness and fear.
- **Can you show us and name 3 moves in Hwa Rang?** Moa Junbi sogi c closed ready stance c Soojik sogi naeryoo sonkal taerigi vertical stance downwards knifehand strike Annun sogi miro magki sitting stance palm pushing block
- **Philosophical questions of examiners choice. i.e. why did you start TKD? What do you like best about TKD?, what are your goals in Martial Arts? Etc**
- **count to 10 in Korean** hanah, dool, set, net, dasot, yasot, ilgop, yado, I ahop, yool