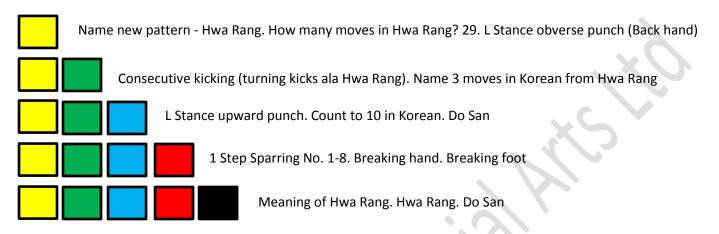
Red Belt – Black Stripe

Tip work for Warriors and juniors is as follows:



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 7 th century, the 29 movements represent the 29 th 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, l ahop, yool

