







## 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

    1 Step Sparring No. 1-8. Breaking hand. Breaking foot

     Meaning of Hwa Rang. Hwa Rang. 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 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,lahop, yool