

2nd Kup

Red Belt Syllabus

During the grading you will be tested through line work, patterns, and theory. Below are the new technical and theory requirements for this grade. Before you grade you need to ensure you can confidently perform the movements below. Please remember that you will also need to be proficient in the techniques from previous grading.

IMPORTANT NOTE: The qualifying time between gradings is 6 months from this point on to Black Belt. You must ensure you wait 6 months before you grade for your Black Stripe.

Use the tick the boxes to show you have learnt and practiced the techniques/skills/fitness and theory.

PATTERN

Hwa-Rang (29 moves) Hwa-Rang is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

At this grading students will be required to perform 5 randomly selected patterns including the grading pattern, Hwa-Rang. Therefore, a student must be proficient in all coloured belt patterns up to Hwa-Rang

ATTACK MOVES

- Downwards Knifehand Strike (Sonkal Naeryo Taerigi)
- Obverse Punch (performed in an L-stance)
- Side Elbow Strike (Yop Palkup Taerigi)

DEFENCE MOVES

- Palm Pushing Block (Sonbadak Miro Makgi)
- Release Move (Jappyosul Tae)

STANCES

- Closed Ready Stance C (Moa Junbi Sogi C)

KICKS

- Jumping Front Kick (Twiggi Ap Chagi)
- Jumping Turning Kick (Twiggi Dollyo Chagi)
- Jumping Back Kick (Twiggi Dwit chagi)

SPARRING & FITNESS

- Combination moves from the list of kicks, blocks and attacks above.
- Free Sparring (Jayu Matsoki) with 3 different partners (safety equipment needed)
 - 1 Step sparring – (Ilbo Matsoki) Your own combinations
 - 2 Step sparring numbers 1-3

THEORY

At the grading you will be asked up to 5 Theory questions from those listed on this page. As you progress through the grades you will build up your theory knowledge step by step. For children ages 11 and under please ensure you learn the pattern meaning, the belt meaning and at least 3 of the words from the list. Children of this age will be asked which words they have learned. Children aged 12 and over will be expected to learn all the words.

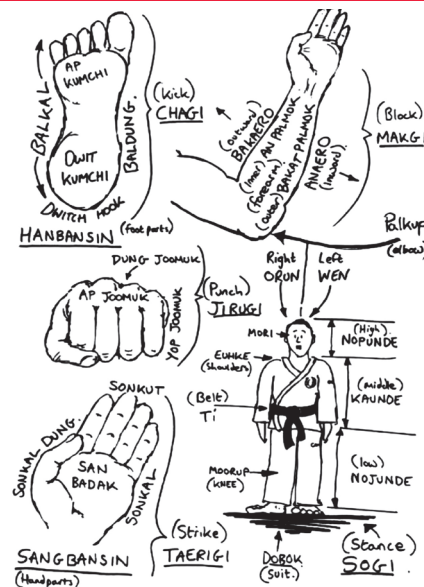
Of course feel free to learn as much theory as you like, this will help you as you progress to Black Belt.

- Meaning of **Hwa-Rang** (as on page 26)
- Number of moves in **Hwa-Rang** (29)
- Downwards Knifehand Strike **Sonkal Naeryo Taerigi**
- Obverse Punch (performed in an L-stance)
- Side Elbow Strike **Yop Palkup Taerigi**
- Closed Ready Stance C **Moa Junbi Sogi C**
- Jumping front kick **Twiggi Ap Chagi**
- Jumping Turning kick **Twiggi Dollyo Chagi**
- Jumping Back kick **Twiggi Dwit chagi**

MEANING OF RED BELT

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

IMPORTANT BODY PARTS IN TAEKWONDO



Use this box to write notes on your progress.

Universal Taekwondo Academy
