

Red Belt to **Black Stripe**

**Knowledge**

1. *What is the definition of Hwa-Rang?*
	1. *Named after the Hwa-Rang youth group, which originated in the Silla dynasty during the 7th century. The 29 movements represent the 29th infantry division where Taekwon-Do developed into maturity.*
2. *What is the significance of the 29th infantry division?*
	1. *This was General Choi Hong Hi’s infantry division.*
3. *What are the five guiding principles of the Hwa-Rang group during the 6th and 7th centuries?*
	1. *Research on your own time.*
4. *What is the original meaning of Hwa-Rang? Based on the direct translation of Hwa-Rang, what role did this group take before it became militarized?*
	1. *Research on your own time.*
5. *What is the meaning of the belt colours?*
	1. *White*
		1. *Signifies innocence. No previous knowledge of Taekwon-Do, as that of a beginner student.*
	2. *Yellow*
		1. *Represents the earth where the seed of Taekwon-Do is planted as the foundation of Taekwon-Do is being laid.*
	3. *Green:*
		1. *Represents the green planet growing as the skills of Taekwon-Do develop.*
	4. *Blue:*
		1. *Signifies the sky and the heavens, towards which the tree grows as Taekwon-Do training progresses.*
	5. *Red:*
		1. *Signifies danger, cautioning the student to exercise control, and warning an opponent to stay away.*
	6. *Black:*
		1. *The opposite of white, therefore signifying a maturity and proficiency in Taekwon-Do. It also indicates the holder’s imperviousness to darkness and fear.*

Fundamentals

1. Closed ready stance C
2. Sitting stance middle palm pushing block
3. L-stance upward punch
4. Sliding fixed stance side punch
5. Vertical stance
6. Vertical stance downward strike with knifehand
7. Arm pull with side piercing kick
	1. As above, landing in L-stance knifehand outward strike
8. High turning kick, attacking with ball of the foot
9. L-stance middle punch with rear hand
10. Sliding L-stance rear elbow thrust
11. Closed stance
12. Closed stance high side block with inner forearm

Sparring technique

1. Front leg turning kick, coming in over the top
2. Sliding front leg side kick, front leg turning kick coming in over the top
3. Double punch, switch kick
4. Double punch, jumping back kick
5. Superman punch
6. Middle front leg turning kick, high hook kick
7. Sliding front leg side kick

Step-sparring

1. 1-step sparring
	1. No Measurement. Parallel stance.

Yell “kihap!” to demonstrate readiness.

Wait for partner to yell “kihap!” to demonstrate readiness.

Step forward into a right walking stance middle fingertip thrust.

* 1. Parallel stance. Wait for partner to yell “kihap!”

Yell “kihap!” to demonstrate readiness.

Step backwards into a right L-stance forearm guarding block.

Counter-attack: Perform front leg side piercing kick to middle section.

1. 1-step sparring
	1. No Measurement. Parallel stance.

Yell “kihap!” to demonstrate readiness.

Wait for partner to yell “kihap!” to demonstrate readiness.

Step forwards into a left L-stance reverse middle punch

* 1. Parallel stance. Wait for partner to yell “kihap!”

Yell “kihap!” to demonstrate readiness.

Step backwards into a right L-stance reverse middle block with left forearm

Counter-attack: Step forward into a left L-stance and perform observe upward punch, controlling the attacker’s arm.

Student must create their own 3-step sparring and 2-step sparring (1 of each).

Self-defence technique

1. Escape from side lying headlock
2. Escape from side control
3. Escape from full mount

Patterns

1. Hwa-Rang (27 movements)
2. Saju-tulgi (4 movements)
3. Instructor will ask student to perform other patterns

**Optional patterns (instructor may ask):**

1. **Saju-jirugi (7** **movements)** (*Four directional punch*)
2. **Saju-makgi (8 movements)** (*Four directional block*)
3. **Chon-ji (19 movements)**
4. **Dan-Gun (21 movements)**
5. **Do-San (24 movements)**
6. **Won-Hyo (28 movements)**
7. **Yul-Gok (38 movements)**
8. **Joong-Gun (32 movements)**
9. **Toi-Gye (37 movements)**