



2ND Kup Red Belt Grading + Assessment Information

Minimum 8 Month Program to 1st Kup

All 2nd Kup Red Belt students in Cubs will be moved into KTA class

KTA will receive a black tag on completion of a pre grading

Black Tag



Pregrading

- Toi Gye
- Hwa Rang
- 1 Step Sparring Basic
- Free Sparring
- 2 on 1 Sparring
- Self Defence – Standard Release
Attack Release
Break Release
- Board Measure – Flying Side Kick
- Theory

Grading Practical

- Toi Gye
- Hwa Rang
- 1 Step Sparring Basic
- Free Sparring
- 2 on 1 Sparring
- Self Defence – Standard Release
Attack Release
Break Release
- Board Measure – Flying Side Kick
- Theory

Theory Examples

1. What is the meaning of Hwa Rang?

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 Tae Kwon-Do developed into maturity.

2. What is the meaning of black belt?

Black is the opposite to white, therefore, signifying the maturity and proficiency in Tae Kwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

3. What is a Side Front Block?

Yobap Makgi in Korean.

Body is full facing. Blocking tool is either chest or shoulder line.

4. What are the principles of 2 on 1 Sparring?

Keep one opponent in front of the other

Don't fight both opponents at once

Never run between the opponents

Don't get cornered

The one has the advantage of grabs, holds, take downs and sweeps.

5. What is the theory of power?

$$P = \frac{1}{2} M V^2$$

Power = Half Mass Multiplied by Velocity Squared

Terminology

General

Flying --- Twimyo

Jumping --- Twigi

Stances

Close Ready Stance C --- Moa junbi sogi C

Vertical Stance --- Soojik sogi

Attacking Techniques

High Upward Punch --- Nopunde ollyo jirugi

(Movement 5)

Downward Knife Hand Strike --- Naeryo sonkal taerigi

(Movement 7)

High Turning Kick --- Nopunde dollyo chagi

(Movements 18 + 19)

Side Elbow Thrust --- Yop palkup taerigi

(Movement 25)

Flying Side Kick --- Twimyo yop chagi

Defending Techniques

Middle Palm Pushing Block --- Kaunde son badak miro makgi

(Movement 1)

High Side Front Block --- Nopunde yobap makgi

(Movements 26 + 27)