



2nd Kup



Pattern: Hwa-Rang 29 Moves (outlined in full on the last page)

Hwa-Rang is named after the Hwa Rang youth group which originated in the Silla dynasty around 600 AD. This group eventually became the actual driving force behind the unification of the three kingdoms of Korea. The 29 movements refer to the 29th Infantry Division where Taekwon-Do developed into maturity

Top Tips for performing Hwa-Rang

- Move 1 is a 'pushing' block extending out level and in line with the left shoulder.
- Move 7 (downward knife-hand strike) this is performed in vertical stance where the feet are shoulder width apart toe to toe. The target area is the collar bone of the attacker.
- Moves 11-13 simulate defence against being mugged. Execute a side piercing kick to the ribs/armpit whilst simultaneously pulling both hands away to dislocate the shoulder, and then follow up with a knife-hand strike to the neck.
- Moves 21-23 these are classed as obverse punches because they are performed in L-stance. The right arm forms a parallel line with the left leg and vice versa.

Aim to get to the next level

Tick when competent

For more details please ask your instructor



Technique to work on	Goal	
Reverse Turning Kick	Straight leg. Head height with proper foot shape (both legs)	<input type="checkbox"/>
Turning Kick	Head height with control and perfect foot shape	<input type="checkbox"/>
Axe (downward) Kick	Head height with proper foot shape (both legs)	<input type="checkbox"/>
Acceleration	Know how to properly accelerate into each move	<input type="checkbox"/>
Physical		
Strength and Aerobics	Continue with overall aerobic fitness and strength exercises	<input type="checkbox"/>
Destruction	Be able to foot break a 2cm board with a middle section turning kick	<input type="checkbox"/>
Sparring	As before. 2 versus 1 sparring. Hold off opponents for 1 minute	<input type="checkbox"/>

Self Defence

As previous levels, but increase the accuracy and intensity as you progress



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1 Step Sparring (Ilbo Matsoki)

Please see our separate section on 1 step sparring for more information

Examples

	Attack (Parallel Ready Stance) right foot to the right	Defence (Parallel Ready Stance) left foot to the left
Block Counters		
1	Walking Stance, Middle Punch	Walking Stance, Middle Inward Block
		Walking Stance, Upset Punch
2	Walking Stance, Middle Punch	Walking Stance, Hooking Block
		Walking Stance, Middle Reverse Punch
Dodge Counters		
3	Walking Stance, Middle Punch	Dodge to side
		Jumping Front Snap Kick
4	Walking Stance, Middle Punch	Dodge backwards
		Step Through Side Kick
Simultaneous Counters		
5	Walking Stance, Middle Punch	Jumping Backwards Front Snap Kick
6	Walking Stance, Middle Punch	Jumping Sideways Jumping Turning Kick

Grading Theory to Revise

What is a Dynasty	<input type="checkbox"/>
Why was General Choi good at writing	<input type="checkbox"/>
What Japanese martial art was General Choi a black belt in before Taekwon-Do	<input type="checkbox"/>
Find out about Special Technique. Jump kicking a board held high overhead	<input type="checkbox"/>
Remember the Korean terminology for the following	
Vertical Stance: Soojik Sogi used to gain height for downward attacks. One shoulder width toe to toe.	<input type="checkbox"/>
Knee: Moorup	<input type="checkbox"/>
Twisting Kick: Bituro Chagi	



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Pattern: HWA-RANG Moves: 29 Ready Position: Moa Chunbi Sogi C			<h1>화랑</h1>	
			Technique	
Step	Move	Stance	English	Korean
1	to left	Annun	Middle section palm pushing block	Kaunde Son Badak Miro Makgi
2	stay		Middle right front punch	Kaunde Orun Ap Jirugi
3			Middle left front punch	Kaunde Wen Ap Jirugi
4	pull rt foot	left Niunja	Twin forearm block	Sang Palmok Makgi
5	stay		Left upwards punch	Wen Ollyo Jirugi
6	slip frt foot	right Gojung	Middle section right side punch	Kaunde Orun Yop Jirugi
7	pull frt foot	right Soojik	Downward knifehand strike	Naeryo Sonkal Taerigi
8	forward	left Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
9	left 90	left Gunnun	Low section outer forearm block	Najunde Bakat Palmok Makgi
10	forward	right Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
11	pull left fwd		Grasp right fist with left hand	
12	using rt foot		Side piercing kick	Kaunde Yop Cha Jirugi
	using rt hand	left Niunja	middle section knife hand strike	Kaunde Sonkal Taerigi
13	left leg fwd	left Gunnun	middle section obverse punch	Kaunde Baro Jirugi
14	forward	right Gunnun	middle section obverse punch	Kaunde Baro Jirugi
15	turn 270	right Niunja	Mid section knifehand guarding block	Kaunde Sonkal Daebi Makgi
16	forward	right Gunnun	Middle section fingertip thrust	Kaunde Sonkut Tulgi
17	Dwiyo Torro	right Niunja	Mid section knifehand guarding block	Kaunde Sonkal Daebi Makgi
18	right foot		High section turning kick	Nopunde Dollyo Chagi
19	left foot		High section turning kick	Nopunde Dollyo Chagi
	land in	right Niunja	Mid section knifehand guarding block	Kaunde Sonkal Daebi Makgi
20	left 90	left Gunnun	Low section outer forearm block	Najunde Bakat Palmok Makgi
21	pull left ft	right Niunja	Middle section obverse punch	Kaunde Baro Jirugi
22	forward	left Niunja	Middle section obverse punch	Kaunde Baro Jirugi
23	forward	right Niunja	Middle section obverse punch	Kaunde Baro Jirugi
24	slip frt foot	left Gunnun	Low section X block	Najunde Kyocha Makgi
25	slide fwd	right Niunja	Right side elbow strike	Orun Yop Palkup Taerigi
26	left 90	Moa	Mid section inner forearm block (rt)	Orun Kaunde An Palmok Makgi
			Low section outer forearm block (lt)	Wen Najunde Bakat Palmok Makgi
27			As above with opposite hands	
28	forward	right Niunja	Mid section knifehand guarding block	Kaunde Sonkal Daebi Makgi
29	left ft to rt	left Niunja	Mid section knifehand guarding block	Kaunde Sonkal Daebi Makgi
End	Pull right foot back to Moa C			