



HF MARTIAL ARTS

GRADING SYLLABUS

2ND KUP RED BELT

TO

1ST KUP BLACK TAG

Hwa-Rang Tul

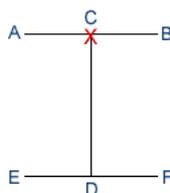
Interpretation: Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

Ready stance: Moa junbi sogi C

No of moves: 29

No of stances: 6

Pattern diagram



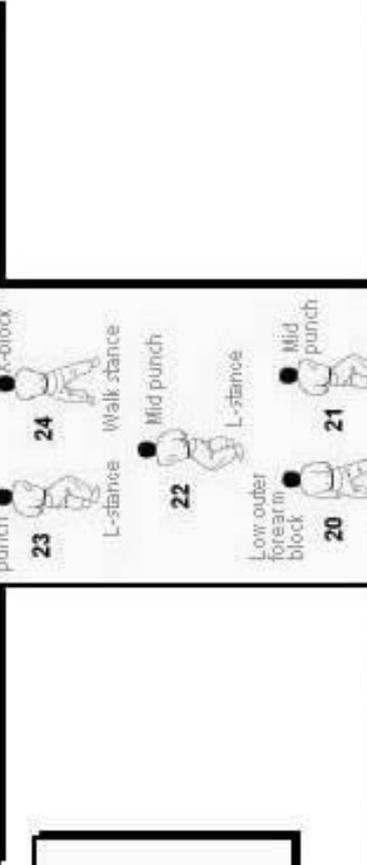
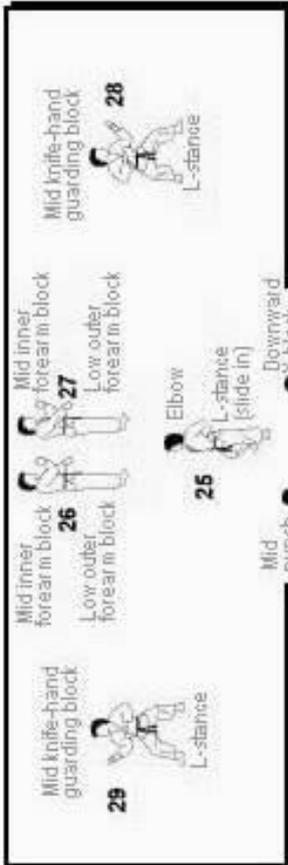
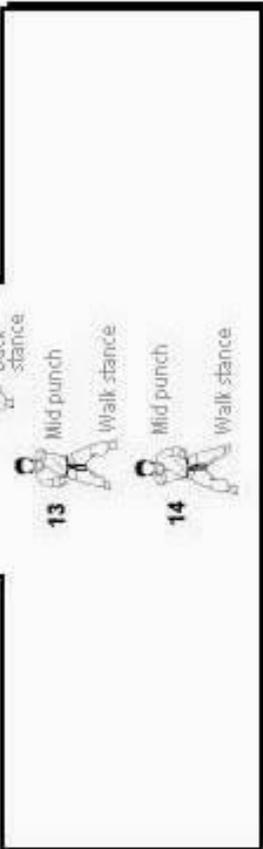
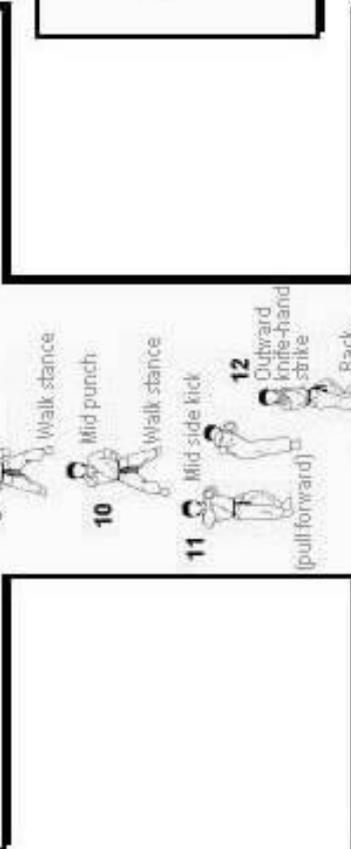
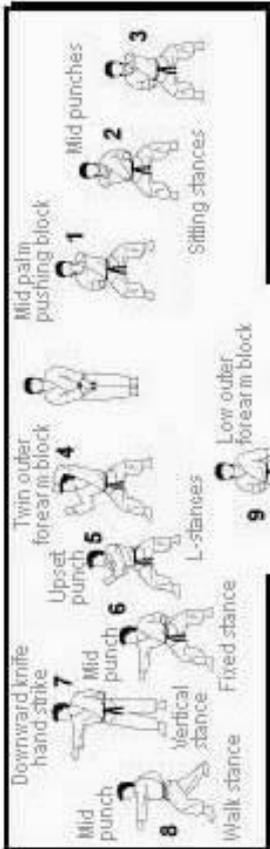
The instructions for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
4. Execute a twin forearm block while forming a left L-stance toward A, pivoting with the left foot.
5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.
7. Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.
8. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.
9. Move the left foot to D, forming a left walking stance toward D while executing a low block to D with the left forearm.
10. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Pull the left foot toward the right foot while bringing the left palm to the right forefist, at the same time bending the right elbow about 45 degrees outward.
12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction, and then lower it to D forming a left L-stance toward D, at the same time executing a middle outward strike to D with the right knife-hand.
13. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.
14. Move the right foot to D, forming a right walking stance toward D, at the same time executing a middle punch to D with the right fist.
15. Move the left foot to E, turning counter-clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand.

Hwa-Rang Tul (cont'd)

16. Move the right foot to E, forming a right walking stance toward E while executing a middle thrust to E with the right straight fingertip at the same time moving the left palm in a downward circular motion ending at the solar plexus.
17. Move the right foot on line EF, forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.
18. Execute a high turning kick to DF with the right foot and then lower it to F.
19. Execute a high turning kick to CF with the left foot and then lower it to F, forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.
Perform 18 and 19 in a fast motion.
20. Move the left foot to C, forming a left walking stance toward C while executing a low block to C with the left forearm.
21. Execute a middle punch to C with the right fist while forming a right L-stance toward C, pulling the left foot.
22. Move the right foot to C, forming a left L-stance toward C while executing a middle punch to C with the left fist.
23. Move the left foot to C, forming a right L-stance toward C while executing a middle punch to C with the right fist.
24. Execute a pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C.
25. Move the right foot to C in a sliding motion, forming a right L-stance toward D while thrusting to C with the right side elbow.
26. Bring the left foot to the right foot, turning counter-clockwise to form a close stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.
27. Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a close stance toward B.
28. Move the left foot to B, forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.
29. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command “baro” is given; at this point the right leg is moved to form closed ready stance C facing D.



Two Step Sparring No's 7 & 8

Measure	The attacker measures the distance between themselves and their opponent by making a right walking stance with their foot to the outside of their opponent's foot. Once this distance is established the attacker should return to parallel ready stance.
Starting Positions	Attacker – right L-stance, middle section forearm guarding block. Kihap to show that they are ready to begin. Defender - parallel ready stance, kihap to show they are ready to defend.
7. Attack	Execute a side fist strike, stepping the right leg forward into L-stance. Perform a reverse turning kick with the left leg to the opponent's mid-section.
Defence	Step back with left leg into L-stance and perform a twin forearm block. Step back with the right leg into L-stance and perform a forearm guarding block.
Counter	Perform a reverse turning kick to the high section, landing forwards in L-stance and perform a forearm guarding block.
8. Attack	Perform a side kick with the right leg and land forwards in L-stance. Spin round and perform a knife hand side strike with the left hand, landing in L-stance with the left leg forward.
Defence	Step back with right leg into L-stance and perform a low inward forearm block. Shuffle backwards in an evasive manner by quickly stepping the left leg behind the right foot, then moving the right leg back behind to finish in a right leg L-stance and perform a forearm guarding block.
Counter	Push off the right foot, landing behind the opponent with the left leg forward in X-stance and perform a back fist side strike to the back of the opponent's head.

Free Sparring

At this grading you will require full sparring equipment including groin guard and gum shield. You will be given a series of partners and will be required to spar with them. The aim of this sparring is to show your proficiency and ability to use as many kicks and offensive/defensive techniques as possible whilst showing the required level of control so as not to injure your opponent. This is grading sparring and not competition sparring.

Red Belt Theory & Terminology

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

Red Belt Colour Meaning: Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Black Belt Colour Meaning: Black is the opposite of white, therefore, signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

Pattern: Hwa-Rang Tul

Moves in Korean

Palm pushing block	Sonbadak miro makgi
Upward punch	Ollyo jirugi
Sliding	Milkulgi
Downward knife hand strike	Naereo sonkal taerigi
Open palm strike	Opun sonbadak taerigi
X-stance	Kyocha sogi
Inward low forearm block	Anaero najunde palmok makgi

Grading Check List
2nd Kup Red Belt to 1st Kup Black Tag

To be eligible to grade you must be able to perform the entire following checklist completely without assistance.

Know everything from all of the previous grading syllabuses/checklists	
50 Press ups	
Sitting stance, triple punch	
Sitting stance, palm strike, double punch	
Walking stance, front snapping kick, turning kick, hooking kick, side kick, double block	
L stance, twin forearm block, upward punch, slide both feet into fixed stance, side punch, pull front leg back to vertical stance, downward knife hand strike	
Walking stance, obverse punch, release, front leg side kick, L-stance, knife hand strike	
Walking stance, low block, pull foot back to L-stance, obverse punch	
Walking stance, X-fist pressing block, L-stance, rear elbow strike	
Jumping reverse hooking kick	
Scissor front kick	
Step scissor front kick	
Student's choice pattern	
Toi-Gye Tul	
Hwa-Rang Tul	
Two step sparring levels 7 & 8	
Free sparring (full sparring kit required)	