



2nd Kup Hwa Rang 5 months 29 movements

Grading Material for 2nd Kup

Requirements:

- **Hwa-Rang Tul** (click for description)
- One Step Sparring (ILBO MATSOGI)
- Free Sparring (JAYU MATSOGI)

Power:

- Reverse Turning Kick
- Side Piercing Kick
- Turning Kick

English - Korean	
Attacking Techniques	
Upward Punch	Ollyo Jirugi
Downward Knifehand Strike	Naeryo Sonkal Taerigi
Defending Techniques	
Palm Pushing Block	Son Badak Miro Makgi
Inner Forearm Side Front Block	An Palmok Yopap Makgi.
Stances	
Close Ready Stance 'C'	Moa Junbi Sogi 'C'
Vertical Stance	Soo Jik Sogi

Hwa-Rang Tul (29 Movements):

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

Technical

Understand and correctly perform all 10th to 3rd Kup techniques

Identify the following parts of the body:

Side elbow

Name and demonstrate the following stances:

close ready stance 'C' and Vertical stance

understand and correctly perform the following defensive techniques:

Palm pushing block and Forearm side-front block

Understand and correctly perform the following offensive techniques:

Knifehand downward strike, Upward punch, High turning kick, L-stance obverse punch and side elbow thrust. Upset fingertip thrust, flat fingertip thrust, backfist side-back strike and twin side elbow thrust

Theory

Understand all 10th to 3rd Kup requirements

Know the meaning of the pattern Hwa Rang

Understand the purpose of each technique in pattern Hwa Rang

Identify the different types of block and types of forefist punch you know so far

Grading Requirements

Perform pattern Hwa Rang

One Step sparring

Free sparring (including 2 on to 1)

Power test using standard focus board:

Left and right choice technique for 2 focus boards

Minimum 6 breaks - choice techniques - identifying the techniques and attacking tools used, including at least 2 hand techniques (left and right count as 2 techniques)

General theory appropriate to a 2nd Kup student

Theory Questions

You should know and have an understanding of the following:

1) **Hand parts** - forefist, backfist, knifehand, reverse knifehand, fingertips, palm, arc-

hand, elbow, forearm

2) **Foot parts** - *front sole, footsword, back heel, knee*

3) **Stances** - *attention, parallel, sitting, walking, L-stance, close, fixed, bending, X-stance, rear-foot, low, vertical*

4) **Types of block:**

a) *general* - *obverse, reverse, inward, outward, inside, outside, front, side, side-front*

b) *single handed* - *rising, upward, circular, hooking*

c) *two handed* - *guarding, twin, wedging, pressing, W-shape, U-shape, double forearm*

5) **Types of forefist punch** - *front, side, side-front, upward, vertical, downward, crescent, turning, angle*

6) **Type of kick** - *smashing, piercing, turning, pushing, thrusting*

7) **The theory of power**