

Grading Syllabus

Red Belt to Black Stripe

- 1** L Stance Obverse Punch (Back Hand) forward and backwards
- 2** Walking Stance Punch - Resist and Side Kick Release - L Stance Knife Hand Strike forwards only
- 3** 2 High Section Turning Kicks knife hand guarding block forwards only
- 4** 1 Step Sparring 3-4
- 5** Hwa-Rang
- 6** Do-San
- 7** Instructors Choice Pattern
- 8** Power test - any Hand and any Foot
- 9** Sparring
- 10** Questions

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 Taekwon-Do developed into maturity.

2. How many moves in Pattern Hwa-Rang? - 29

3. What does the colour black signify? - Black is the opposite to white therefore signifies the maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperiousness to darkness and fear.

4. Show and name 3 moves in Hwa-Rang? - Soojik Sogi nearyo sonkal taerigi - Vertical stance downward knife hand strike. Anun sogi sonbadak miro makgi - Sitting stance palm pushing block. Niunja sogi dwit palkup - L-stance back elbow.

5. Philosophical question of examiner's choice? - i.e. why did you start Taekwon-Do, or what do you like most about your training etc.

6. Count to 10 in Korean? - Hana, Dool, Set, Net, Dasot, Yasot, Ilgop, Yadol, Ahop, Yul.