



Red Belt / 2nd Kup - Theory



Red Belt – Red signifies danger, cautioning the student to exercise control, and warning the opponent to stay away

Hwa-Rang – named after the Hwa-Rang youth group, which originated in the Silla Dynasty about 600 AD. This group eventually became the actual driving force for the unification of the three Kingdoms of Korea. The 29 movements refer to the 29th Infantry Division, where Tae kwon-Do developed into maturity*
29 movements*

Closed ready stance C – Moa Junbi Sogi C*

Using your old theory cards revise as many of each of these as you can:

Stances
Blocks
Kicks
Punches
Strikes
Thrusts

WHICH PATTERNS HAVE A RELEASE MOVE?

Do San, Joon Gun, Hwa Rang

WHY DO WE DO STEP SPARRING?

Focus, Distance and Timing*

IMPORTANT: look over other theory sheets from past grades

Children under 12 learn all terms for this belt
12+ & Adults – all Korean for this belt and previous belts





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2 Step Sparring 1 – 3

2 Step Sparring 4 – 6

1 Step Sparring

Free Sparring

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