# RED BELT
# (2ND KUP)

## TENETS OF TAE KWON-DO

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| COURTESY: | To be polite to everyone. You must always be courteous to your Instructors, seniors and fellow students. |
| INTEGRITY: | To be honest with yourself. You must be able to define the difference between right and wrong. |
| PERSERVERANCE: | To achieve a goal. Whether a higher grade or a new technique, you should never stop trying. |
| SELF CONTROL: | To always be in control of your actions. You must be able to live, work and train within your capabilities. |
| INDOMITABLE SPIRIT: | To show courage when you and your principles of pitted against overwhelming odds. You should do your utmost to never give up |

## THE FOUNDATION OF TAE KWON-DO

Tae Kwon-Do was inaugurated in South Korea on 11th April 1955, following extensive research and development by the founder Major General Choi Hong Hi, 9th Degree Black Belt (1918-2002).

Tae Kwon-Do was introduced into the United Kingdom in 1967.

One Martial Arts was founded in 2020.

| **1. General Terms** | |
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| Flying | Twimyo |

| **2. Parts of the body** | |
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| Instep | Baldung |
| Reverse footsword | Balkal Dung |

| **3. Stances** |
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| **4. Basic Movements** | |
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| (a) Defensive | |
| Pushing block | Miro Makgi |
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| (b) Offensive | |
| Upward punch | Ollyo Jirugi |
| Downward punch | Naeryo Jirugi |
| Vertical kick | Sewo Chagi |
| Twisting kick | Bituro Chagi |

| 5. **Pattern (Tul)** | |
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| Hwa-rang | 29 moves |
| Hwa-Rang means 'flowering youth' and is named after the Hwa-Rang youth group which originated in the Silla Dynasty around 600 A.D. This group eventually became the actual driving force for the reunification of the three kingdoms of Korea. The 29 movements refer to the 29th Infantry Division, where Tae Kwon-do developed into maturity. | |

| **Black belt – Opposite to white, therefore signifying maturity and proficiency in Tae Kwon-Do. Also indicates the wearer's imperviousness to darkness and fear.** |
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## Your 2nd Kup Grading

Identify yourself

Combinations in line from patterns

Pattern – student's choice

Pattern – set by the grading examiner

Pattern – Hwa-rang

1 step sparring

Power kicks – Turning kicks and side kicks

Free sparring

Theory – All theory up to this page.

**Minimum training time before next grading – 6 months**

Student Notes:

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