

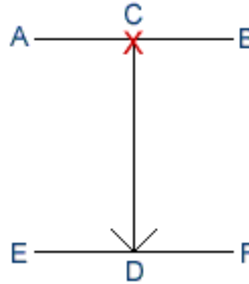
# VELLA-TAEKWONDO 2<sup>nd</sup> KUP

## RED BELT STUDY SHEET

2<sup>nd</sup> KUP - RED BELT STUDY SHEET Training period 6 months.

2<sup>nd</sup> Kup Pattern: Hwa-Rang-29 Movements. Diagram 'P'. Ready-Moa Jumbi Sogi C.

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



**Colour Black:** Opposite of white, therefore, signifying maturity and proficiency in Taekwon-Do. Also indicates the wearer's imperviousness to darkness and fear.

### Stance

L-Stance stance  
Walking stance  
Sitting stance  
Closed Stance  
Vertical stance  
Fixed stance

### Sogi

Nuinja sogi  
Gunnun sogi  
Annun sogi  
Moa Sogi  
Soo jik sogi  
Gojung sogi

### Blocks

Low outer forearm block  
Twin forearm block  
X-Fist pressing block  
High side / front inner forearm block  
High knife hand guarding block  
Palm pushing block

### Makgi

Najunde bakat palmok makgi  
Sang palmok makgi  
Kyocha joomuk noollo makgi  
Napunde yop / ap an palmok makgi  
Napunde sonkal dabej makgi  
Sonbadak miro makgi

### Punches

Middle punch  
Upper punch

### Jirugi

Kaunde jurigi  
Ollyo jurigi

### Strike

Downward knife hand strike  
Middle knife hand side strike

### Taerigi

Naeryo sonkal taerigi  
Kuande sonkal yop taerigi

### Thrust

Straight fingertip thrust  
Side elbow thrust

### Tulgi

Sun sonkut tulgi  
Yop palkup tulgi

### Kick

Middle side piercing kick  
High turning kick

### Chagi

Kuande yop cha jirugi  
Napunde dollyo chagi

# VELLA-TAEKWONDO 2<sup>nd</sup> KUP

## RED BELT STUDY SHEET

### Two against one sparring

It is necessary to defend yourself against two opponents, with emphasis on your own safety, how to manoeuvre yourself so you need only defend against one person at a time, effective blocks mainly outside blocks and only counter attack when safe. Try to defend by blocking one opponement into path of the other.

### Questions

This is just an indication of the type of questions asked at the 1<sup>st</sup> Kup Grading and can also relate to previous study sheets and information taught in class.

1. Who were the Hwa-Rang? What is the significance of the 29 movements?
2. What is the difference between the sixth movement of Hwa-Rang and the sixth movement of Won-Hyo?
3. What is the purpose of the 11th movement of Hwa-Rang?
4. Name and explain the purpose of the 26th and 27th movements of Hwa-Rang.
5. What is the meaning of the colour black?
6. Name and indicate all the parts of your hand and arm.
7. Name and demonstrate all the blocks you know.
8. Name all the offensive techniques you can do with Ap Joomuck.
9. Name and indicate all the parts of your foot.
10. Name and demonstrate all the kicks you know, offensive and then defensive.
11. Name and demonstrate all the stances you know.