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Murrays Taekwondo

2nd Kup Grading Revision Sheet: Red Belt promotion to Black Stripe

The Grading...

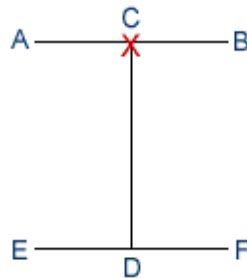
- Fitness test
- Line work and drills
- Hwa-Rang
- 2 other patterns
- Advanced 1 Step Sparring
- Advanced Self defence
- Free Sparring (1v1) (2v1)
- Breaking (E.g. Ridgehand strike, palm strike, elbow strike, reverse turning kick, jumping back kick, flying side kick, overhead kick)
- Theory test

HWA-RANG

Movements - 29

Ready Posture - CLOSED READY STANCE C

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 Taekwondo developed into maturity.



1. Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
4. Execute a twin forearm block while forming a left L-stance toward A, pivoting with the left foot.
5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.
7. Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.
8. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
9. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
10. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Pull the left foot toward the right foot while bringing the left palm to the right forearm, at the same time bending the right elbow about 45 degrees outward.
12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction and then lower it to D forming a left L-stance toward D, at the same time executing a middle outward strike to D with the right knife-hand.
13. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
14. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
15. Move the left foot to E turning counter clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand.
16. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.
17. Move the right foot on line EF forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.
18. Execute a high turning kick to DF with the right foot and then lower it to F.
19. Execute a high turning kick to CF with the left foot and then lower it to F forming a right L-stance toward F.

while executing a middle guarding block to F with a knife-hand. Perform 18 and 19 in a fast motion.

20. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.

21. Execute a middle punch to C with the right fist while forming a right L-stance toward C, pulling the left foot.

22. Move the right foot to C forming a left L-stance toward C while executing a middle punch to C with the left fist.

23. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the right fist.

24. Execute a pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C.

25. Move the right foot to C in a sliding motion forming a right L-stance toward D while thrusting to C with the right side elbow.

26. Bring the left foot to the right foot, turning counter clockwise to form a closed stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.

27. Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a closed stance toward B.

28. Move the left foot to B forming a right L-stance toward B at the same time executing a middle guarding block to B with a knife-hand.

29. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.

END: Bring the right foot back to a ready posture.

One Step Sparring (ilbo matsoki)

This is a semi-free form of sparring which is a very useful training tool and is learned from blue belt upwards forming an important part of training. Techniques from the patterns can be practised here on a partner and close quarter timing, distancing, and movement can be honed. These techniques can be directly transferred to Self-Defence. NB. it is lot easier to defend against a swinging punch than a straight punch.

Each partner stands at arms' length apart facing each other. The participants take it in turn to attack each other with both the right hand-side and then the left hand-side. The defender must mirror their first defence on the off-side.

One-Step Sparring (Basic)

One partner attacks using an obverse punch in walking stance. The defender simultaneously defends and counters. Techniques should be appropriate for the grade with lower grades perfecting their distance, focus and timing. The use of strikes, thrusts, blocks and kicks are to be employed (not necessarily all at the same time!). The defender may not use take-downs.

One-Step Sparring (Intermediate)

One partner attacks using an obverse punch in walking stance, the defender should be able to block and counter efficiently and may use take-downs. The counter attacks must be realistic in terms of speed delivered, aggression and precision.

One-Step Sparring (Advanced)

Is the same as intermediate, however the attacker may choose any appropriate hand attack.

Self Defence (Advanced)

Defender is to employ appropriate and effective defensive techniques to a variety of attacks.

The Examiner will specify the attacks that are to be defended against. This must be realistic, however you are not permitted to injure your attacker on the grading (or in class!)

FREE SPARRING (Jayoo matsoki)

The student should take this opportunity to display their skills in free sparring. The examiner is looking for:

- Controlled sensible and effective attacks
- Appropriate defensive tactics and counter attacks
- Appropriate levels of contact
- All attacks and counter attacks must be to the scoring zones, i.e. head and upper body but not the back

A tactical approach must be displayed when facing 2 opponents.

BREAKING

The student will be asked to break a single breaker board with one (or two) of the following at the examiners discretion

- Ridgehand Strike
- Palm Strike
- Elbow Strike
- Reverse Turning Kick
- Jumping Back Kick
- Flying Side Kick
- Overhead Kick

The examiner will indicate right or left at his/her discretion. The student will be permitted one (and only one) measure before attempting the break. It is irrelevant if the board breaks or not, what is important is the positive mental attitude the student takes and the correct application of technique.

Theory

Students may be asked any question from the syllabus with regard to previous gradings, in addition to the following...

Q. Interpretation to Hwa-Rang:

A. 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 Taekwondo developed into maturity.

Q. How many moves in Hwa-Rang?

A. 29

Q. How many moves in each of the other patterns?

A.

Chon-Ji:	19
Dan-Gun:	21
Do-San:	24
Won-Hyo:	28
Yul-Gok:	38
Joong-Gun:	32
Toi-Gye:	37
Hwa-Rang:	29

Q. What do the belt colours signify?

A.

White: Signifies innocence of the beginner who has no knowledge of Tae Kwon-Do.

Yellow: Signifies the earth in which the seed of Tae Kwon-Do is planted as the foundation of Taekwondo is laid.

Green: Signifies the plants' growth as the Tae Kwon-Do skills begin to develop.

Blue: Signifies the heavens towards which the plant matures into a towering tree.

Red: Signifies danger cautioning the student to exercise control and the opponent to stay away.

Black: Opposite to white and therefore signifies proficiency and maturity in taekwondo. Also signifies the wearer's imperviousness to darkness and fear.

Q. Where does Taekwondo come from?

A. Korea.

Q. What does "Tae", "kwon" and "Do" mean?

A. Tae = Foot, Kwon = Fist, Do = Art (or method)

Q. When was Taekwondo given its name and by who?

A. 11th April 1955 by Retired Major General Choi Hong Hi 9th Degree

Q. What were the three kingdoms of Korea?

A. Baek-jae, Koguryo and Silla

Q. What's the difference between an art and a sport?

A. The student must provide an appropriately researched answer.