

RED BELT PATTERN (HWA-RANG) LINKS...

Hwa-Rang is Red Belt pattern, the last of the 8 patterns needed to test for Black Belt. You will test 2x on this pattern. Once you master Hwa-Rang, be wise & continue practicing as many previous patterns as you are able to. Once you have 2 black stripes on your Red Belt, you can attend Monday & Friday black belts classes & begin more seriously getting ready for your Black Belt Test.

TECHNIQUES: Practice 1st - <https://www.youtube.com/watch?v=S-TFPWfUa0>

PATTERN: With instruction -

<https://www.youtube.com/watch?v=hxjFFHryRoo&list=PLF48C4DF9175DA127>

Regular Speed - <https://www.youtube.com/watch?v=vK093n-OMvs>

TERMINOLOGY: Do your best. You can memorize. Numbers, aims & pledge will be asked every test. The definition changes with each new belt.

Definition of Hwa-Rang (used to be Brown High Belt) -

https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/8_Hwa-Rang%20Saying.mp3?ver=1771897276893

Numbers 1-10 in Korean - <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/Numbers%20In%20Korean.mp3?ver=1771885550839>

Espanol: Numeros en Coreano – https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/8dfaedd4-0ae2-46dc-afd8-dc1aa9a2dc65/Numeros_de%20Espanol%20a%20Coreano_1-10.MP3?ver=1771885550839

Aims to Achieve – <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Aims%20to%20Achieve.mp3?ver=1750877246224>

Pledge - <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Pledge.mp3?ver=1750877246224>

Continue to practice ALL Kicks and Combinations with control... kick with power & also be able to control how much power you use (25%,35%,50% 75% or 100%). Control where you land your foot (think about what position is best for the next kick you plan to execute. Control how high or how low you kick, or how fast. Keep your guard up at all times (Hands up & elbows in protecting your precious head & rib cage where your brain & all your vital organs are.)

ONE STEP SPARRING (1-5): Begin learning these self-defense techniques. https://www.youtube.com/watch?v=frNkJ5xi_Ps

ONE STEP SPARRING (6-10): Keep practicing 1-5 & learn more self-defense techniques (however long it takes).

<https://www.youtube.com/watch?v=-gTcgSxzPAC>

There are One Step Sparring (1-30) & Self-Defense techniques to learn as you are ready.

IMPORTANT BASICS TO PRACTICE ALWAYS:

These are videos that can be watched at any time to improve learning.

HOW TO TIE A BELT:

<https://www.youtube.com/watch?v=ue28L9AfD-U&list=PLF48C4DF9175DA127&index=20>

BASICS STANCES REVEIWD : https://www.youtube.com/watch?v=2n_lyCKFh6o

BASICS KICKING FOOT PLACEMENT: <https://www.youtube.com/watch?v=99Urbx2kK0A>

BASICS CHAMBERING FOR STRENGTH AND POWER:

<https://www.youtube.com/watch?v=SojeanPNQyE&list=PLF48C4DF9175DA127&index=4>

BASICS SIDE KICK & BACK TURNING KICK

<https://www.youtube.com/watch?v=LkRdk4Y2N4c>

REVIEW ROUNDHOUSE KICKS:

<https://www.youtube.com/watch?v=oyBbPsZTsRQ&list=PLF48C4DF9175DA127&index=4>

BASICS SPARRING TECHNIQUES:

<https://www.youtube.com/watch?v=Cgut8zwn3hc&list=PLF48C4DF9175DA127&index=13>