

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. 8.5x11 Printable. Other links audio.

PRINT Terminology 8.5x11 in color - https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/2023-04_TERMINOLOGY_ChosStudySheet.pdf?ver=1781635565058

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 REVIEWED : 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:

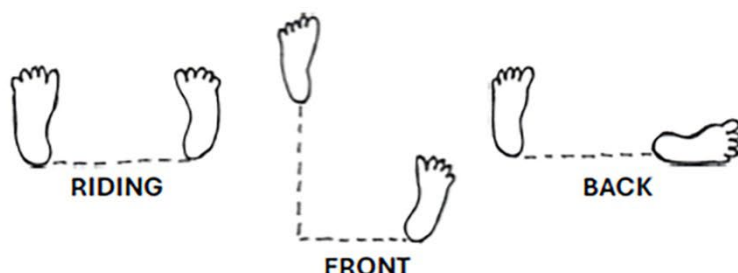
<https://www.youtube.com/watch?v=Cgut8zwn3hc&list=PLF48C4DF9175DA127&index=13>

Bonus on Next Page – Red Belt Poster

Red Belt Basics

SIX MORE MONTHS UNTIL YOU ARE ELIGIBLE FOR BLACK BELT TEST (IF YOU ARE READY). THIS IS YOUR LAST COLORED BELT PATTERN TO LEARN. WHEN YOU ARE PROFECCIENT WITH RED BELT PATTERN, CONTINUE PRACTICING WHITE THRU BROWN, AS TIME PERMITS.

STANCES



KICKS PRACTICE ALL KNOWN KICKS. CONCENTRATE ON...

*FEET TOGETHER SIDE KICK *RH KICK

STRIKES/BLOCKS PRACTICE TECHNIQUE & CHAMBERING. ADD...

*INNER HAMMER FIST *DOUBLE BACKWARD ELBOW ATTACK

*PUNCH TO 45 FROM BACK STANCE

KICKING COMBINATIONS CHALLENGE YOURSELF.

“PERFECT” YOUR FAVORITE KICKING COMBINATION(S). CONSIDER FOOT & HAND PLACEMENT, ACCURACY (AIM) OF STRIKE & LANDING, CONTROL OF STRENGTH & POWER, CONTROL OF SPEED

1 STEP LEARN TO PRACTICE WITH A PARTNER SAFELY.

POSSIBLY READY TO LEARN SELF DEFENSE TECHNIQUES - HOW TO GET OUT OF GRABS & LOCKS.

TERMINOLOGY ALL & DEFINITION HWA-RANG (RED BELT)

TO MOVE ON TO THE BLACK BELT TRAINING LEVEL, YOU WILL NEED TO DEMONSTRATE ALL PATTERNS WHITE THRU RED, NA D BE ABLE TO RECITE ALL 8 DEFINITIONS. YOU CAN TAKE ALL THE TIME YOU NEED. WHEN YOU ARE READY TO TEST, WE WILL BE READY TO TEST YOU. HAPPY PRACTICING!
