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**2nd Kup**

**Grade from Red Belt to Black ends**

**Belt Colour – Black Belt**

Black Belt is the opposite of White. Therefore signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer’s imperviousness to darkness and fear.

 **Pattern:** - Hwa Rang

**Meaning:**

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 Taekwon-Do developed into maturity.

**Pattern Information:**

The pattern consists of 29 movements.

**The new movements introduced in this pattern are:**

Closed Ready Stance (C) - Moa Junbi Sogi (C)

Sitting Stance, Palm Heel Pushing - Annun Sogi, Sonbadal Miro Makgi, Block, Double Punch Doo Jirugi

L Stance, Upward Punch - Niunja Sogi, Ollyo Jirugi

Vertical Stance, Downward Knifehand - Soojik Sogi, Naeryo Sonkal Taerigi Strike

Grab and then pull back, Side Kick - Jappge, Yop Chagi

L Stance, Obverse Punch - Niunja Sogi, Baro Jirugi

Walking Stance, Middle X Pressing - Gunnun Sogi, Kaunde Kyotcha Block Noolo Makgi

L Stance, Back Elbow Strike - Niunja Sogi, Dwit Palkup Taerigi

Middle Inner Forearm Block, Low - Kaunde An Palmok Makgi, Najunde Section Outer Forearm Block Bakat Palmok Makgi

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**Leg Techniques:**

As for previous grades. However, it must be emphasised that this is your last colour belt grading before taking your Black Belt grading. Therefore all leg and hand techniques should now be performed at 1st degree black belt standard.

A few techniques not previously mentioned, but that are suitable for one step sparring are:

Stamping Kick - Cha Bapgi (Striking Tool: Heel Base - Dwit Kumchi)

Twisting Kick - Bituro Chagi (Striking Tool: Ball of Foot - Ap Kumchi)

Sweeping Kick - Goro Chagi (Striking Tool: Side Instep – Yop Baldung)

**Hand Techniques:**

 High Section, Front Inward Knifehand - Nopunde, Sonkal Anaero Taerigi Strike

High Section, Inward Reverse - Nopunde, Anaero Sonkal Dung Knifehand Strike Taerigi

**Blocking Techniques:**

L Stance, Low Section Outer Forearm - Niunja Sogi, Najunde Bakat Palmok Block Makgi

Sitting Stance, Inward Outer Forearm - Annun Sogi, Anaero Bakat Palmok Block Makgi

L Stance, Middle Section X - Niunja Sogi, Kaunde Kyotcha Sonkal Knifehand Block Makgi

Walking Stance, Twin Palm Heel - Gunnun Sogi, Sang Sonbadal Ollyo Upward Block Makgi

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**Notes:**

As this is the last grading before Black Belt, the grading examiner will be looking to confirm the following points:

1. That you know all your previously learned Taekwon-Do skills to a level acceptable for Black Belt
2. That you can handle a grading with the format and momentum of a black belt grading
3. That you know your theory, including the deeper aspects of Taekwon-Do and yourself
4. That your mental attitude is on the same wavelength as is expected for black belt
5. You know and demonstrate the five tenets of Taekwon-Do