2nd Gup Red to 1st Gup High Red



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| Pattern: |
| Hwa-Rang |
| Line Techniques/Motions:  Techniques will be listed by stance, technique, height, then tool, in English, then Korean  \* = requires jump change |
| 1. Sitting stance pushing block with the palm 2. Annun so sonbadak miro makgi 3. (L-stance) Thai boxer turning kick 4. (Niunja so) Taegug dollyo chagi 5. L-stance twin forearm block, L-stance upward punch, sliding fixed stance punch, vertical stance downward strike with the knife-hand 6. Niunja so sang palmok makgi, Niunja so ollyo jirugi, mikulgi gojung so jirugi, soojik so sonkal naeyro taerigi 7. (L-stance) reverse crescent kick, front (snap) kick, vertical kick, twisting kick 8. Niunja so, bandae bandal chagi, apcha busigi, sewo chagi, bituro chagi 9. Walking stance low outer forearm block, L-stance obverse punch   a. Gunnun so najunde bakat palmok makgi, Niunja so baro jirugi   1. Walking stance obverse punch, palm to forefist, lead leg middle side (piercing) kick, L-stance middle knife-hand strike   a. Gunnun so baro jirugi, sonbadak eul ap joomuk, ap dari kaunde yopcha jirugi, Niunja so kaunde sonkal taerigi   1. (L-stance) Lead hand vertical punch, spinning back fist, low upward strike with the side fist, rear elbow upward strike, downward strike with the claw-fist (sparring style) 2. (Niunja so) ap sang sewo jirugi, dolmyo dung joomuk, najunde ollyo yop joomuk taerigi, dwit palkup ollyo taerigi, naeryo jep gae son taerigi, baro matsogi 3. (L-stance) lead leg inward sweep, reverse sweep; mid-air turning kick 4. (Niunja so) ap dari anuro suroh, bandae suroh; twio dolmyo dollyo chagi 5. (L-stance) front (snap) kick; 180° back (piercing) kick (setting the foot down into an L-stance) 6. (Niunja so) apcha busigi; Twio dwitcha jirugi 7. (L-stance) 180° back kick, 360° back kick 8. (Niunja so) Twio dwitcha jirugi, twio 360° dwitcha jirugi |
| Balance Techniques: |
| 1. Reverse turning kick, twisting kick |
| Clapper Technique: |
| 1. Reverse turning kick |
| Target Techniques: |
| 1. Flying vertical kick 2. Flying twisting kick 3. Tornado style back kick |
| Force Shield Techniques: |
| 1. Twin foot front kick 2. Vertical kick 3. Reverse strike with the reverse knife-hand |
| Sparring: |
| Step-Sparring:  Advanced 1 step: 2 attacks in one step, multiple counterattacks  Free Sparring:  Mini meat-grinder (5 consecutive 1-person, 30 second sparring matches) |
| Self-Defense (Holsin Sul) |
| 1. One minute Hol Sin Sul Routine defending against the following attacks:  * Front kick - Back fist strike - Front punch   - 2 hand choke from rear - Single grab from front |
| Breaking: |
| Power Hand   1. Downward fore-fist punch   Suspended Hand:   1. Side strike with the knife-hand   Power Foot:   1. Downward kick 2. Lead leg jump side kick - max boards (This is a Phoenix Group Standard, 4 boards) |

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| New Terms: |
| |  |  | | --- | --- | | **English** | **Korean** | | Pushing block with the palm | Sonbadak miro makgi | | Thai boxer turning kick | Taegug dollyou chagi | | Upward punch | Ollyo jirugi | | Sliding | Mikulgi | | Forefist | Ap joomuk | | Vertical punch | Sewo jirugi | | Spinning | Hoejeon | | Naeryo | Downward | | Claw-fist strike | Jep gae son taerigi | | Sweep/sweeping | Suroh | |

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| History: |
| * Oral test given by judge on technique, all previous history, new pattern history and details about the form * Know the “New Terms” listed above: * Know the tool and possible targets for each technique (IE what part of the hand do you use to punch) * Information on history can be found online at quizlet.com (no www. in front of it), do a search for sheshirley23. Information is also posted on [www.nocoinnaetkd.com](http://www.nocoinnaetkd.com) under the resources tab. * **You will be required to do a written test in class covering history (all ranks to your current rank). This test is written and administered by In Nae TKD. You will not have permission to physically test until this written test is successfully passed. You must have 80% or better to pass.** |

\*Requires jump change

\*\*\*Please note that a student’s ability to correctly perform the required technique is only *one* consideration in determining the student’s readiness to test. General Choi, the founder of Taekwon-Do, ITF, Maum Sin Yong and In Nae Taekwon-Do have many other expectations for students as they increase in rank. Some, but not all of those considerations include: time at rank, attitude, ability to teach (green belt and above), conduct outside the dojang, abiding by the student oath and tenets of Taekwon-do, etc.. If you have questions about these, please see the head instructor. Also, please keep in mind that asking to test for rank is considered disrespectful and may postpone a student’s test.