



ITF 2nd Kup Red Belt Grading Syllabus

Theory

- 1. What is the meaning of pattern Hwa-rang?** – Hwa-rang is named after the Hwa-rang youth group which originated in the Silla dynasty about 600 A.D. This group eventually became the driving force for the unification of the 3 Kingdoms of Korea. The 29 movements refer to the 29th Infantry division, where Taekwon-Do developed into maturity.
- 2. Who was the head of the 29th Infantry division?** – General Choi Hung Hi.
- 3. What is Hwa-rang translated into English?** – Flowering youth.
- 4. How do you form closed ready stance 'C' (demonstrate) and what is it in Korean?** – Moa junbi sogi 'C'
- 5. What is palm pushing block in Korean?** – Sonbadak miro makgi
- 6. What is the vertical stance in Korean? And explain it** – Soojik sogi
- 7. What is a downward knife hand in Korean?** – Naeryo sonkal taerigi
- 8. How many patterns have release moves?** There are three, Do-San, Joong-gun and Hwa-rang demo and explain the difference.
- 9. What is the meaning of Black belt?** – Black is the opposite to white, therefore signifying maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.
- 10. Name 7 different kicks in English and Korean** – Front snap kick (Apchabusigi) Turning kick (Dollyo chagi) Side piercing kick (Yop chajurugi) Back kick (Dwit chajurugi) Downward kick (Naeryo chagi) Back piercing kick (Bandae dollyo chagi) Pressing kick (Noolyo chagi) Consecutive kick (Yonsok chagi)
- 11. Name 8 different blocks in English and Korean** – Outer forearm block (Bakat Palmok makgi) Inner forearm block (An Palmok makgi) Knife hand block (Sonkal makgi) Rising block (Chookyo makgi) Guarding block (Palmok Daebi makgi) Knife hand guarding block (Sonkal daebi makgi) Twin forearm block (Sang palmok makgi) Wedging block (Hechyo makgi) Circular block (Dollymio makgi) Hooking block (Golcho makgi) Twin knifehand block (Sonkal sang makgi) Double forearm block (Doo

palmok makgi) 'U' shaped block (Diguta makgi) 'W' shaped block (San makgi) Reverse knifehand block (Sonkal dung makgi) X fist block (Kyocho joomok makgi) Double forearm pushing block (Doo palmok miro makgi)

12. Name 8 different hand parts in English and Korean – Fore fist (Ap joomuk) Back fist (Dung joomuk) Side fist (Yop joomuk) Knife hand (Sonkal) Reverse Knife hand (Sonkal dung) Findertips (Sonkut) Arc hand (Bandalson) Elbow (Palkup) Palm (Sonbadak) Open fist/palm heal (Pyun joomok)

13. Name 5 different foot parts in English and Korean – Ball of the foot (Ap kumchi) Footsword (Balkal) Instep (Baldung) Heel (Dwit chook) Toes (Balkut) Instep (Baldung) Reverse footsword (Balkal dung) Knee (Moorup)

14. What is an upward punch in Korean? – Ollyo Jirugi

15. What is a twisting kick in Korean and what part of the foot is used? – Bituro Chagi – Ball of the foot (Ap Kumpchi)

16. Name 4 parts of your forearm in English and Korean? – Inner forearm (Bakat) Outer forearm (An) Back (Dung) Forearm belly (Mit Palmok)

Korean Terms

Defensive Moves		Offensive Moves		Stances	
English	Korean	English	Korean	English	Korean
Palm Pushing Block	Sonbadak Miro Makgi	Downward Knifehand Strike	Naeryo Sonkal Taerigi	Vertical Stance	Soojik Sogi
		Upward Punch	Ollyo Jirugi	Closed Ready Stance C	Moa Chumbi Sogi C
		Downward (Axe) Kick	Naeryo Chagi		
		Twisting Kick	Bituro Chagi		

Parts of the Body	
English	Korean
Reverse Footsword	Baldung Dung

DAWLISH

Dawlish College, Elm Grove Road, Dawlish, EX7 0BY

Mondays

- 6.30pm - 7.15pm ~ Juniors/Cadet Beginners
- 7.15pm - 8pm ~ Juniors
- 8pm - 9pm ~ Adults & Seniors

Wednesdays

- 6pm - 6.45pm ~ Adult & Senior Beginners (Main Hall)
- 6pm - 6.45pm ~ Generation X 4-6yr olds (Studio)
- 7pm - 8pm ~ Juniors & Cadets
- 8pm - 9pm ~ Adults & Seniors

TEIGNMOUTH

Alive Fitness, Exeter Road, Teignmouth, TQ14 9HZ

Fridays

- 7pm - 8pm ~ Juniors & Cadets
- 8pm - 9pm ~ Adults & Seniors

CONTACT

e: teignbridge-tkd@hotmail.com

t: 07817 639094

