

2nd KUP Grade SHEET – Red Belt

To pass you grading you will have to demonstrate:

- Moves and patterns from your previous gradings + Hwa rang
- Hand and Kicking Power against a Bag (Under sixteen) or Board (Over Sixteen)
- Combinations up and down the floor. (Advanced Freestyle)
- Free Sparring – Ability to attack and defend 2 against 1
- One Step Sparring (Basic, with Take Downs)
- Grabs and Releases (Advanced ie.with counter attack)
- A good level of fitness.

Interpretation of Hwa rang – 29 moves

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 Tae Kwon Do developed into maturity.

Red Belt signifies: DANGER, CAUTIONING THE STUDENT TO EXERCISE CONTROL AND WARNING THE OPPONENT TO STAY AWAY.

NEW MOVES

Moa junbi sogi C – Close ready stance C
Sonbadak miro makgi - Palm pushing block
Ollyo jirugi – Upward punch
Sonkal naeryo taerigi – Knifehand downward strike
Soo jik sogi – Vertical stance
Yop Palkup tulgi – Side elbow thrust

Remember, you can always be asked the questions that you got wrong last time.