

2nd KUP Grade Sheet – Red Belt to Black Tag

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 or board
- 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.
- This grading will prepare you for a black belt grading

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.

Black Belt signifies: Black is opposite from white, therefore signifying the maturity and proficiency in Tae Kwon Do, and also indicates the wearers imperviousness to darkness and fear.

NEW MOVES

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