



# GRADING SYLLABUS

**2<sup>ND</sup> KUP RED BELT**

**TO**

**1<sup>ST</sup> KUP BLACK TAG**



## Red Belt Theory & Terminology

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

Red Belt Colour Meaning: Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Black Belt Colour Meaning: Black 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 Tul

Pattern Interpretation: Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7<sup>th</sup> century. The 29 movements refer to the 29<sup>th</sup> Infantry Division, where Taekwon-Do developed into maturity.

### Moves in Korean

Palm pushing block	Sonbadak miro makgi
Upward punch	Ollyo jirugi
Sliding	Milkulgi
Downward knife hand strike	Naereo sonkal taerigi

## Hwa-Rang Tul

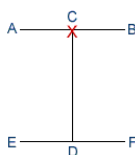
Interpretation: Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7<sup>th</sup> century. The 29 movements refer to the 29<sup>th</sup> Infantry Division, where Taekwon-Do developed into maturity.

Ready stance: Moa junbi sogi C

No of moves: 29

No of stances: 6

Pattern diagram



The instructions for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
4. Execute a twin forearm block while forming a left L-stance toward A, pivoting with the left foot.
5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.
7. Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.
8. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.
9. Move the left foot to D, forming a left walking stance toward D while executing a low block to D with the left forearm.
10. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Pull the left foot toward the right foot while bringing the left palm to the right forefist, at the same time bending the right elbow about 45 degrees outward.
12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction, and then lower it to D forming a left L-stance toward D, at the same time executing a middle outward strike to D with the right knife-hand.
13. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.
14. Move the right foot to D, forming a right walking stance toward D, at the same time executing a middle punch to D with the right fist.
15. Move the left foot to E, turning counter-clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand.

Cont/...

### Hwa-Rang Tul (cont'd)

16. Move the right foot to E, forming a right walking stance toward E while executing a middle thrust to E with the right straight fingertip at the same time moving the left palm in a downward circular motion ending at the solar plexus.
17. Move the right foot on line EF, forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.
18. Execute a high turning kick to DF with the right foot and then lower it to F.
19. Execute a high turning kick to CF with the left foot and then lower it to F, forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.  
***Perform 18 and 19 in a fast motion.***
20. Move the left foot to C, forming a left walking stance toward C while executing a low block to C with the left forearm.
21. Execute a middle punch to C with the right fist while forming a right L-stance toward C, pulling the left foot.
22. Move the right foot to C, forming a left L-stance toward C while executing a middle punch to C with the left fist.
23. Move the left foot to C, forming a right L-stance toward C while executing a middle punch to C with the right fist.
24. Execute a pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C.
25. Move the right foot to C in a sliding motion, forming a right L-stance toward D while thrusting to C with the right side elbow.
26. Bring the left foot to the right foot, turning counter-clockwise to form a close stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.
27. Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a close stance toward B.
28. Move the left foot to B, forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.
29. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command “baro” is given; at this point the right leg is moved to form closed ready stance C facing D.



Downward knife hand strike  
Mid punch  
Walk stance

Vertical stance  
Fixed stance

Upset punch  
Mid punch  
L-stance

Twin outer forearm block  
L-stance

Mid palm pushing block  
Sitting stances

Mid punches  
2  
3

Low outer forearm block  
Walk stance

Mid punch  
Walk stance

Mid side kick  
Walk stance

Mid side kick (pull forward)  
Walk stance

Outward knife-hand strike  
Back stance

Mid punch  
Walk stance

Mid punch  
Walk stance

Mid knife-hand guarding block  
L-stance

Mid inner forearm block  
Low outer forearm block

Mid inner forearm block  
Low outer forearm block

Mid knife-hand guarding block  
L-stance

29

Mid punch  
L-stance

Elbow  
L-stance (side in)

Downward X-block  
Walk stance

Mid punch  
L-stance

Mid punch  
L-stance

Low outer forearm block  
Walk stance

Mid punch  
L-stance

20

21

22

23

24

25

26

27

28

Mid spear-hand  
Walk stance

Mid knife-hand guarding block  
L-stance

Mid knife-hand guarding block  
L-stance

High turning kick  
L-stance

High turning kick  
L-stance

Mid knife-hand guarding block  
L-stance

High turning kick  
L-stance

Mid knife-hand guarding block  
L-stance

15

16

17

18

19



### Three Step Semi-Free Sparring

- Measure**                    The attacker measures the distance between themselves and their opponent by making a left L-stance with their foot to the middle of their opponent's attention stance. Once this distance is established the attacker should return to parallel ready stance.
- Starting Positions**    **Attacker** – right L-stance, middle section forearm guarding block. Kihap to show that they are ready to begin.  
**Defender** - right L-stance, middle section forearm guarding block. Kihap to show that they are ready to begin.

### The Attack, Defence & Counter

**Level 5 must be performed in full sparring equipment and is to be in fast motion**

5.    **Attack**                    Stepping forward each time perform 3 foot techniques
- Defence**                  Stepping any leg back each time with any block
- Counter**                The defender then counters with any foot technique which will form the first of their 3 attacks



## One Step Sparring Advanced – Red Belt

**Measure** Face your opponent in attention stance. The attacker measures the distance between themselves and their opponent by making a right walking stance with their foot to the outside of their opponent's foot. Once this distance is established the attacker should return to attention stance.

**Starting Positions** **Attacker** – parallel ready stance. Kihap to show that they are ready to attack.  
**Defender** - parallel ready stance, kihap to show they are ready to defend

### The Attacks, Defences & Counters

1. **Attack** Step forward into right walking stance, perform an obverse mid-section punch.

**Defence/Counter** Step the right leg back into a left walking stance, perform a middle section inner forearm outward block with the left arm. Remaining in this stance perform a middle section reverse punch with right hand.

Both return to parallel ready stance

Repeat for the opposite side
2. **Attack** Step forward into right walking stance, perform an obverse mid-section punch.

**Defence/Counter** Step the left leg back into a left L-stance, perform a middle section inner forearm outward block with the right arm. Move the left leg forward at a 45° angle, move right leg to form a left L-stance to the outside of the attacker's right foot. Perform a high section knife-hand strike to the neck with the right hand, pulling left hand back and finishing on the belt.

Both return to parallel ready stance

Repeat for the opposite side
3. **Attack** Step forward into right walking stance, perform an obverse mid-section punch.

**Defence/Counter** Step the left leg back into a left L-stance, perform a middle section outer forearm inward block with the right arm. Remain in same position and perform a back fist front strike to the bridge of the attacker's nose with the right hand.

Both return to parallel ready stance

Repeat for the opposite side

Cont/....

### One Step Sparring Advanced – Red Belt (cont'd)

4.     Attack           Step forward into right walking stance, perform an obverse mid-section punch.
- Defence/  
Counter           Step the left leg back into a left L-stance, perform a middle section inner forearm outward block with the right hand. Step out with left leg to form a sitting stance at a 45° angle to the opponent. Whilst doing this, extend the blocking arm to the opponent's side just above the belt; perform a double punch and kihap.
- Both return to parallel ready stance
- Repeat for the opposite side
5.     Attack           Step forward into right walking stance, perform an obverse mid-section punch.
- Defence/  
Counter           Move right leg forward into a sitting stance at a 45° angle to the opponent, perform a middle section outer forearm outward block with the left arm and a high section punch with the right hand to the attacker's jaw; perform these 2 moves simultaneously.
- Both return to parallel ready stance
- Repeat for the opposite side
6.     Attack           Step forward into right walking stance, perform an obverse mid-section punch.
- Defence/  
Counter           Move right leg forward into a sitting stance at a 45° angle to the opponent, perform a middle section knife-hand outward block with the left arm and an inward knife-hand strike with the right hand to the side of the attacker's neck; perform these 2 moves simultaneously.
- Both return to parallel ready stance
- Repeat for the opposite side
7.     Attack           Step forward into right walking stance, perform an obverse mid-section punch.
- Defence/  
Counter           Step backwards to the right at a 45° angle to the opponent forming a right leg back right L-stance, perform a forearm guarding block. Staying in this position, execute a middle section front snap kick with the right leg landing in a right walking stance; perform an obverse then reverse punch in fast motion.
- Both return to parallel ready stance
- Repeat for the opposite side

Cont/...





### One Step Sparring Advanced – Red Belt (cont'd)

8.      Attack           Step forward into right walking stance, perform an obverse mid-section punch.
- Defence/  
Counter       Step backwards to the right at a 45° angle to the opponent forming a right leg back right L-stance, perform a knife-hand guarding block. Execute a rear leg middle section side kick landing in left L-stance; perform a right knife-hand strike to the attacker's neck.
- Both return to parallel ready stance
- Repeat for the opposite side
9.      Attack           Step forward into right walking stance, perform an obverse mid-section punch.
- Defence/  
Counter       Step the right leg back to form a right L-stance, perform a palm pushing block with the left hand. Step back and to the left at a 45° angle to the opponent into the same stance, perform a forearm guarding block. Execute a middle section turning kick with the ball of the right foot to the opponent's solar plexus landing with the foot to the outside of the attacker's front foot in vertical stance; perform a knife-hand strike with the right hand to the opponent's neck.
- Both return to parallel ready stance
- Repeat for the opposite side
10.     Attack           Step forward into right walking stance, perform an obverse mid-section punch.
- Defence/  
Counter       Step backwards to the right at a 45° angle to the opponent into right L-stance, perform a knife-hand guarding block. Pivot on the left leg, execute a middle section back kick with the right leg landing in a right walking stance at a 45° degree angle to the opponent and perform a reverse knife-hand strike with the left hand to the philtrum.
- Both return to parallel ready stance
- Repeat for the opposite side



## Grading Check List

To be eligible to grade you must be able to perform the entire following checklist completely without assistance.

**All the information relevant to this grading can be found in the grading syllabuses for 10<sup>th</sup> – 2<sup>nd</sup> Kup**

Know everything from all the previous grading syllabuses/checklists	
50 Press ups	
Sitting stance, palm strike, double punch	
Walking stance, mid-section front kick, high section turning kick, double block	
L stance, twin forearm block, upward punch, slide both feet into fixed stance, side punch, pull front leg back to vertical stance, downward knife hand strike	
Walking stance, low block, pull foot back to L-stance, obverse punch	
Walking stance, obverse punch, release, front leg side kick, L-stance, knife hand strike	
Walking stance, X-fist pressing block, L-stance, rear elbow strike	
Jumping front kick	
Scissor front kick	
Step scissor front kick	
Student's choice pattern	
Toi-Gye Tul	
Hwa-Rang Tul	
One step sparring – advanced – 1 - 10	
Three step semi-free sparring - 5	
Free sparring (full sparring kit required)	