

2nd Kup - Red Belt

Hwa Rang

Number of movements: 29

Starting position: Closed Ready Stance 'C' (Moa Chunbi Sogi 'C').

Meaning of Pattern: 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 actual driving force for the unification of the three Kingdoms of Korea. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

Stances

Vertical Stance - Soojik Sogi

Defensive Moves

Palm Pushing Block - Sonbadak Miro Makgi

Sparring

2 onto 1 Free Sparring

Offensive Moves

Downward Knifehand Strike - Naeryo Sonkal Taerigi
Upward Punch - Ollyo Jirugi
Jumping Back Kick - Twigi Dwit Chagi

Belt Colour

Black: Signifies maturity and proficiency in Taekwon-Do. Also indicates the wearer's imperviousness to darkness and fear.