



REQUIREMENTS FOR 1ST GUP

2G

(TESTING FOR BLACK STRIPE)

Student name: _____

Patterns

Hwa-Rang

Toi-Gye

Classes required to test = 32

Kicking

Consecutive Kicking - Double Front to D, Double Side Piercing to A, Double Turning to AD

10 Fast Shifting Side Piercing Kicks

Flying 180° Reverse Turning Kick - Lead leg kicks single step

Fitness Requirements

Push-ups - 50 (On Knuckles Individually tested)

3 Mile Run - Participation 1 time

Sparring

One Step Sparring (3 routines)

Free Sparring - Marked on Speed / Fitness / Confidence

Ho Shin Sool

1 Minute random attacks - 1 opponent

Power Test

Reverse Turning Kick - Single board

Inward Knifehand Strike - Single board

Tournament Requirement

At least 1 tournament in the last 12 months

Theory

Hwa-Rang pattern Interpretation:

Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th Century. This group eventually became the actual driving force of the unification of the three kingdoms of Korea. The 29 movements refer to the 29th Infantry division, where Taekwon-Do developed into maturity. Hwa-Rang has 29 movements and its diagram is a capital "I".

Show and name 9 major pressure points:

Nose	Throat	Sternum
Philtrum	Temple	Carotid Artery
Eyes	Groin	Solar Plexus

The 3 Kingdoms of Ancient Korea:

Koguryo

Baek-Je

Silla

The 6 factors of the Theory of Power:

Reaction force	Breath Control
Concentration	Mass
Equilibrium	Speed