

Llangollen Tae Kwon-Do

2nd Kup Grading Revision Sheet

Practical

Identify yourself, name and grade as in Dan grading

1. Free Sparring
2. (Fwd) Knifehand Guarding Block FL Front Kick, Flat Fingertip Thrust x 4 (Toi-Gye)
3. (Back) L-Stance Low Knifehand Guarding Block, Walking Stance Circular Block x 4
4. (Fwd) Back leg Two High Section Turning Kicks (Hwa-Rang) x 4
5. (Back) Walking Stance, X Knife Hand Pressing Block, X Knife Hand Rising Block x4
6. (Fwd) Side Kick, Reverse Side Kick x 4
7. (Back) Walking Stance Double Forearm Block, L-Stance Side Punch x 4
8. (Fwd) Turning Kick, Reverse Turning Kick x 4
9. (Step turn) Jumping Snap Kicks (Back Leg) Landing in Fighting Stance, x 4
10. Choice Pattern
11. Set Pattern
12. Hwa-Rang
13. 2 step or 3 step sparring (Alternate on each group)
14. 1 Step Sparring - Advanced

One Step Sparring (ILBO MATSOKI)

Both attacker and defender start in parallel ready position, attacker step forward with right leg into walking stance and punches with right hand. The defender must block the right punch and counter attack. On the second occasion, the same attacker steps forward, but with left leg and left hand punching. The defender must then perform the same blocks and counter attacking combinations as they did defending the right punch, but in mirror image when defending a left punch attack.

Red belts are expected to develop their own techniques on one step sparring using the following guidelines. These are not in any set order!

1. Hand only.
2. Foot only.
3. Hand and foot.
4. Foot and hand.
5. Jumping.

Theory

What is 3 step sparring

Three step sparring is designed for the beginner to learn the basic techniques. It teaches the student many things i.e. proper distance, correct facing, forearm conditioning, correct blocks, correct stances, counter attacks and timing.

Meaning of Black Belt

Opposite to white, therefore signifying maturity and proficiency in Tae Kwon-Do. Also indicates the wearer's imperviousness to darkness and fear.

Korean Terms

1 Step Sparring	Ibo Matsoki	Pushing Block	Miro Makgi
Back Kick	Dwit Chagi	Rear Foot Stance	Dwit Bal Sogi
Closed Ready Stance 'C'	Moa chunbi Sogi 'C'	Reverse Footsword	Baldal Dung
Flat Fingertip Thrust	Opun Sonkut Tulgi	Reverse Knifehand	Sonkal Dung
Flying High Kick	Twimyo Nopi Chagi	Reverse Side Kick	Bandae Yop Chagi
Inner Forearm Block	An Palmok Makgi	Twin Foot Kick	Sang Bal Chagi
Inside	An	Twisting Kick	Bituro Chagi
Instep	Baldung	Upward Punch	Ollyo Jirugi
L Stance	Niunja Sogi	Vertical Kick	Sewo Chagi
Sweeping Block	Hullyo Makgi	Walking Stance	Gunnun Sogi
Outside	Bakat	W-Shape Block	San Makgi

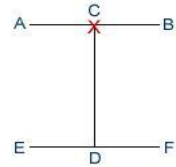
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Hwa-Rang

Number of Movements: 29

Meaning of Hwa-Rang:

HWA-RANG is named after the Hwa-Rang youth group, which originated in the Silla Dynasty about 600 AD. 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 Tae kwon-Do developed into maturity



Starting Position: Closed ready stance C

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
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 finger tip
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 closed 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 closed 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

END: Bring the right foot back to a ready posture.