

BRIDGNORTH TAE KWON-DO



Required Theory: 2nd Kup: Red Belt to Black Stripe

(Korean terms are in brackets and italics).

Significance of Colours on Belts

RED signifies danger, warning the student to exercise self-control and the opponent to stay away.

BLACK is opposite of white, therefore signifies maturity and proficiency in Tae Kwon-Do. It also indicates imperviousness to darkness and fear.

Movements

- Closed ready stance C: (*Moa junbi sogi C*)
- Vertical stance: (*Soojik sogi*)
- Fixed stance: (*Gojung sogi*)
- Palm pushing block: (*Sonbadak miro makgi*)
- Low X block: (*Najunde kyocha makgi*)
- Upwards punch: (*Ollyo jirugi*)
- Side elbow strike: (*Yop palkup taerigi*)
- Downward knifehand strike: (*naeryo sonkal taerigi*)
- Sliding: (*Mikulgi*)

Pattern Meaning

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 driving force behind the unification of the three kingdoms of Korea. The 29 movements refer to the 29th Infantry Division, where Tae Kwon-Do developed into maturity.

*** *The GTI Handbook contains more detailed theory information and is available to purchase.*

The examiner may ask any question, not limited to those on this sheet.

*You must ALWAYS revise theory from previous belts.****