

2nd Kup Grading Requirements

Syllabus – For promotion to 1st Kup (Black Stripe)

1. Pattern – Hwa-Rang
2. Sparring – Free Sparring, 2v1 Sparring & 1-Step Sparring
3. Destruction – Free Choice Of Foot & Hand Technique
Measuring and breaking, utilising relevant part of foot
4. Terminology

NOTE: Revise all previous (physical & terminology)

Terminology

1	Hwa-Rang – 29 Movements (Ready Posture = <i>MOA JUNBI SOGI C</i>) Hwa-Rang is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7 th Century. The 29 movements refer to the 29 th Infantry Division, where Taekwon-Do developed into maturity.	
2	STANCES – Sogi VERTICAL STANCE – <i>SOOJIK SOGI</i> Width = Width of your foot (heel of front foot in line with heel of rear foot) Length = Feet 1 times shoulder width Weight distribution = 60% back leg; 40% front leg Knees of both legs are locked Soles of both feet are flat on the ground Rear leg indicates whether it is a right or left stance	
4	GENERAL TERMINOLOGY SLIDING <i>MIKULGI</i>	
5	MOVEMENTS IN HWA-RANG PALM PUSHING BLOCK <i>SOMBADAK MIRO MAKGI</i> FOREFIST UPWARD PUNCH <i>AP JOOMOK OLLYO JIRUGI</i> KNIFE-HAND DOWNWARD STRIKE <i>SONKAL NAERYO TAERIGI</i>	
6	DESCRIBE AND DEMONSTRATE ALL OF THE MOVEMENTS IN HWA-RANG... e.g. 1 st movement <i>ANNUN SO, KAUNDE SOMBADAK MIRO MAKGI</i> 6 th movement <i>ORUN GOJANG SO – MIKULGI, KAUNDE BARO YOP JIRUGI</i> 7 th movement <i>WEN SOOJIK SO, SONKAL NAERYO TAERIGI</i> 21 st movement <i>ORUN NIUNJA SO, KAUNDAE BARO AP JOOMOK JIRUGI</i>	
7	REVISE ALL PREVIOUS TERMINOLOGY FOR DESTRUCTION AND PARTS OF USE	

8	<p>APPROXIMATE PERIODS OF TRAINING BETWEEN...</p> <p>KUP GRADES</p> <table><tr><td>10th – 9th</td><td>1 month</td><td>5th – 4th</td><td>3 month</td></tr><tr><td>9th – 8th</td><td>1 month</td><td>4th – 3rd</td><td>4 month</td></tr><tr><td>8th – 7th</td><td>2 month</td><td>3rd – 2nd</td><td>4 month</td></tr><tr><td>7th – 6th</td><td>2 month</td><td>2nd – 1st</td><td>5 month</td></tr><tr><td>6th – 5th</td><td>3 month</td><td>1st – 1st Dan</td><td>5 month</td></tr></table> <p>DAN GRADES</p> <table><tr><td>1st – 2nd Dan</td><td>18 months</td></tr><tr><td>2nd – 3rd Dan</td><td>24 months</td></tr><tr><td>3rd – 4th Dan</td><td>36 months</td></tr></table>	10 th – 9 th	1 month	5 th – 4 th	3 month	9 th – 8 th	1 month	4 th – 3 rd	4 month	8 th – 7 th	2 month	3 rd – 2 nd	4 month	7 th – 6 th	2 month	2 nd – 1 st	5 month	6 th – 5 th	3 month	1 st – 1 st Dan	5 month	1 st – 2 nd Dan	18 months	2 nd – 3 rd Dan	24 months	3 rd – 4 th Dan	36 months
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9	<p>SIGNIFICANCE OF THE BLACK PIPING ON THE BLACK BELT UNIFORM</p> <p>The black piping on the uniform – measuring 3cm in width represents ...</p> <ul style="list-style-type: none">■ The three kingdoms of Korea – <i>SILLA, BAEK-JE & KOGURYO</i>■ The aristocracy of ancient Korea wore black piping																										

COURTESY - INTEGRITY - PERSISTENCE - SELF-CONTROL - INDOMITABLE SPIRIT

HAND PARTS	SANGBANSIN
Knife-hand	Sonkal
Reverse Knife-hand	Sonkal Dung
Forefist	Ap Joomok
Back Fist	Dung Joomok
Side Fist	Yop Joomok
Knuckles	Songarak
Palm	Sonbadak
Fingertips	Sonkut
Arc Hand	Bandalson
STANCES	SOGI
Attention	Chariot
Parallel	Narani
Parallel Ready	Narani Junbi
Walking	Gunnun
Walking Ready	Gunnun Junbi
Sitting	Annun
Sitting Ready	Annun Junbi
'L'	Niunja
Fixed	Gogang
Bending Ready 'A'	Goburyo Junbi 'A'
Bending Ready 'B'	Goburyo Junbi 'B'
One Lag Stance	Waebal
Close Ready Stance 'A'	Moa Junbi 'A'
Close Ready Stance 'B'	Moa Junbi 'B'
Close Ready Stance 'C'	Moa Junbi 'C'
Low	Nachuo
Vertical	Soo Jik
'X'	Kyocha
Rear Foot	Dwit Bal
PUNCHES USING FOREFIST	AP JOOMOK JIRUGI
Front	Ap
Side	Yop
Upward	Ollyo
Downward	Naeryo
Vertical	Sewo
Twin Vertical	Sang Sewo
Upset	Dwijibo
Twin Upset	Sang Dwijibo
Crescent	Bandal
Angle	Kyokja
BLOCKS	MAKGI
Inside	An
Outside	Bakat
Inward	Anuro
Outward	Bakuro
Knife-hand Rising	Sonkal Chookyo
Forearm Rising	Palmok Chookyo
Palm Pressing	Sonbadak Noolyo
Palm Pushing	Sonbadak Miro
Palm Upward	Sonbadak Ollyo
X Fist Rising	Kyocha Joomok Chookyo
X Fist Pressing	Kyocha Joomok Noollo
Knife-hand Gauring	Sonkal Daebi
Forearm Gauring	Palmok Daebi
Double Forearm	Doo Palmok
Double Forearm Pushing	Doo Palmok Miro
Inner Forearm	An Palmok
Outer Forearm	Bakat Palmok
Twin Forearm	Sang Palmok
Reverse Knife-hand	Sonkal Dung
Twin Knife-hand	Sang Sonkal
Wedging Hechyo	Hechyo
W Shape	San
Palm Hooking	Sonbadak Golcha
Waist	Hori
Palm Scooping	Sonbadak Duro

FINGERTIP THRUST	SONKUT TULGI
Flat Fingertip Thrust	Opun Sonkut Tulgi
Straight Fingertip Thrust	Sun Sonkat Tulgi
Upset Fingertip Thrust	Dwijibun Sonkut Tulgi
FOOT PARTS	HABANSIBN
Ball	Apkumchi
Back Heel	Diwtchok
Back Sole	Dwitcumchi
Footsword	Balkal
Reverse Footsword	Balkal Dung
Instep	Baldung
Footsole	Balbadak
Toes	Balkut
KICKS	CHAGI
Front Rising	Ap Cha Olligi
Side Rising	Yop Cha Olligi
Front Snap	Ap Cha Busigi
Side Piercing	Yop Cha Jirugi
Forward Stepping Side Piercing	Omgyo Didimyo Yop Cha Jirugi
Back Piercing	Dwit Cha Jirugi
Turning	Dollyo
Reverse Turning	Bandae Dollyo
Reverse Hookin	Bandae Dollyo Goro
Downward	Naeryo
Crescent	Bandal
Vertical	Sewo
Hooking	Golcha
Twisting	Bituro
Checking	Mom Chau
Flying	Twimyo
Flying High	Twimyo Nopi
Flying Long	Twinyo Nomo
Jumping	Twigi
STRIKES USING ELBOW	PALKUP TAERIGI
Front Elbow	Ap Palkup
Side Elbow	Yop Palkup
Back Elbow	Dwit Palkup
Downward Elbow	Naeryo Palkup
Upper Elbow	Wi Palkup
GENERAL	
Instructor	Sabum
Assistant Instructor	Bo Sabum
Master	Sahun
Grand Master	Sasung
Founder of Taekwon-Do	Chang Shi Ja
Examiner	Se Hum Kwon
Student	Jeja
Tenets	Jungshin
Taekwon-Do Oath	Taekwon-Do sang So
Training Hall	Dojang
Uniform	Dobok
Belt	Ti
Ready	Junbi
Start	Si Jak
Stop	Gomman
Return to Start Postion	Pharro
Turn Around	Dwirro Torra
Right About Turn	Oorro Dwirro Torra
Left About Turn	Chwarro Dwirro Torra
Centre Line Turn	Gujari Dolgi
Relax	Shewo
Self Defence Techniques	Hosin Sul
In Your Own Time	Koryong Opshe
By Count or Numbers	Koryong A Macho

COURTESY - INTEGRITY - PERSISTENCE - SELF-CONTROL - UNDOUBTING SPIRIT