**2nd kup Theory Summary**

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| **Hwa-Rang –화랑– 29 movements** | **Belt Meaning** |
| Hwa-Rang is named after the **Hwa-Rang youth group**, which originated in the **Silla Dynasty** in the early **7th century**. The **29 movements** refer to the **29th Infantry Division**, where Taekwon-Do **developed into maturity**. | **Black** – is the **opposite to white**, therefore, signifying the **maturity** and **proficiency** in Taekwon-Do. It also indicates the wearer’s **imperviousness to darkness and fear**.  **Red** – signifies danger cautioning the student to exercise control and warning the opponent to stay away. |
| **Hwa-Rang Diagrammatic Symbol** | **Stances** |
|  | * Close ready stance C – Moa junbi sogi C * Vertical stance – Soojik sogi * One-legged stance – Waebal sogi |
| **Technique Terminology** | |
| **Tools**   * Palm – Sonbadak * Waist – Hori * Open fist – Pyun joomuk * Side fist – Yop joomuk   **Movements & Motions**   * Continuous motion – Yongsok donjak * Connecting motion – Yongyol dongjak * Fast motion – Barun dongjak * Slow motion – Neurin dongjak * Pushing – Milgi * Sliding – Mikulgi * Foot shifting – Iajun bal * Shift stepping – Jajunbal didigi * Step turning – Omgyo didimyo dolgi * Double stepping – Ibo omgyo didigi * Flying – Twimyo * Jumping – Twiggi * Mid-air - Twiyo | **Attacking movements**   * Knife-hand downward strike – Sonkal naeryo taerigi * Twin side elbow thrust – Sang yop palkup tulgi * Upward punch – Ollyo jirugi * Twin upset punch – Sang dwijibo jirugi * Downward kick – Naeryo chagi * Stamping kick – Cha bapgi * Twisting kick – Bituro chagi * Reverse hooking kick – Bandae goro chagi * Flying reverse side kick – Twimyo bandae yop chagi * Flying reverse turning kick – Twimyo bandae dollyo chagi   **Defending movements**   * Palm pushing block – Sonbadak miro makgi * Grasping block – Butjaba makgi * Pressing kick – Noollo chagi * Checking kick – Cha momchugi * Crescent kick – Bandal chagi |
| **Sparring** | |
| * **Jayoo matsogi** – Free sparring * **Ilbo matsogi** – One-step sparring * **Idil (jayoo) matsogi** – Two-versus-one (free) sparring | When performing **idil matsogi**, an emphasis must be placed on safety. This will involve keeping both opponents in a straight line for as long as possible and not exposing yourself to danger. Try to defend by blocking one opponent into the path of the other. |