

Promotion Requirements

for Black Stripes (2nd Gup)

CURRENT BELT:



Basic Techniques	
Kicking Techniques	360 degree Reverse turning kick
Breaking Techniques	Jumping Reverse Turning Kick – free break. Any power break (3 or 4 boards)
Other requirements	
Mandatory Waiting Period	
Assistant Instructor Duties	

TAE GEUK PAL CHANG

MOVEMENTS: 24

DEFINITION: Represents the actions of Gon principle of Palgwe symbolizing the Earth. Earth creates, embraces, and is a source of life. The taekwondoist at this stage must now learn to embrace and lead less experienced students and learn to become a leader.

1. Move forward with left leg into **left back stance** with **left forearm guarding block**.
2. Adjust to **left front stance**, and execute **right middle punch**.
3. Jump with left leg, and execute **jumping right low** and **left high front kicks** in one jump (Ki-up on the second kick) and land forward to **left front stance** with **left out-to-in middle block**. Followed by **right middle punch** and **left middle punch**.
4. Move forward with right leg into **right front stance** with **right middle punch**.
5. Turn **270 degrees** to the **left** with back(left) leg into **left straight line back stance**(feet on pointing parallel to each other) with **left down block** and **right high inside middle block** simultaneously with eyes focused on the down block.
6. Adjust to **left front stance**, and execute **slow high right uppercut** (left hand supporting).
7. Turn **180 degrees** to the **right** with front(left) leg stepping towards and in front of right and right going out into **right straight line right back stance** with **right down block** and **left high inside middle block** simultaneously with eyes focused on the down block.
8. Adjust to **right front stance**, and execute **slow high left uppercut** (right hand supporting).
9. Turn **90 degrees** to the **left** with front(right) leg into **left back stance** with **left knifehand guarding block**.
10. Adjust to **left front stance** and execute **right middle punch**.
11. Throw **back(right) leg front kick**, and plant the foot in its previous position.
12. Move left leg half step backward into **right cat stance** with **right middle push block**. (11-12 one count)
13. Turn **90 degrees** to the **left** with back(left) leg into **left cat stance** with **left knifehand guarding block**.
14. Throw **front(left) leg front kick** and land into **left front stance** with **right middle punch**.
15. Bring left leg back into **left cat stance** with **left middle push block**. (14-15 one count)
16. Turn **180 degrees** to the **right** with back(right) leg into **right cat stance** with **right knifehand guarding block**.
17. Throw **front(right) leg front kick** and land into **right front stance** with **left middle punch**.
18. Bring right leg back into **right cat stance** with **right middle push block**. (17-18 one count)
19. Turn **90 degrees** to the **right** with front(right) leg into **right back stance** with **right low forearm guarding block**.
20. Execute **low left front kick**, and **high jumping right front kick** (Ki-up here). Land forward to **right front stance**, and execute **right out-to-in middle block**. Follow with **left middle punch** and **right middle punch**.
21. Turn **270 degrees** to the **left** with back(left) leg into **left back stance** with **left knifehand outside middle block**.
22. Adjust to **left front stance**, and execute **right elbow strike**(to face). Follow with **right backfist** to the sternum area and **left middle punch**.
23. Turn **180 degrees** to the **right** with back(right) leg into **right back stance** with **right knifehand outside middle block**.
24. Adjust to **right front stance**, and execute **left elbow strike**(to face). Follow with **left backfist** to the sternum area, and **right middle punch**.

HWA RANG

MOVEMENTS: 29

DEFINITION: Named after the youthful military group in Silla Dynasty in the late 600's responsible for the unification of the three kingdoms of Korea with the help of its martial arts training known today as Tae Kwon Do. The 29 movements refer to the 29th infantry division, where Tae Kwon Do developed into maturity.

FROM LOW OPEN HAND JOONBI STANCE:

1. Move left leg to the side, and execute **left middle push block** with **sitting stance**.
2. Execute **right middle punch**.
3. Execute **left middle punch**. (1-2-3 one count)
4. Turn **90 degrees** to the **right** with right leg into **right back stance** with **right double forearm block** (left high, right middle).
5. Execute left uppercut.
6. Execute **right middle punch** (still in right back stance).
7. Pull right leg close to the left, and execute **right knifehand hammer fist**.
8. Turn **90 degrees** to the **right** with left leg into **left front stance** with **left middle punch**.
9. Turn **90 degrees** to the **left** with front(left) leg into **left front stance** with **left down block**.
10. Move right leg forward into **right front stance** with **right middle punch**.
11. **Grab the right fist with left**, and move left leg half way towards the right leg. Pull the right fist to left waist with left hand, and execute **right side kick** landing forward to **right sitting stance**.
12. Execute right knifehand strike. (11-12 one count)
13. Move forward with left leg into **left front stance** with **left middle punch**.
14. Immediately move forward with right leg into **right front stance** with **right middle punch**. (13-14 one count)
15. Turn **270 degrees** to the **left** with back(left) leg into **left back stance** with **left knifehand guarding block**.
16. Move forward with right leg into **right front stance** with **right middle guarding fingertip**.
17. Turn **180 degrees** to the **left** with back(left) leg into **left back stance** with **left knifehand guarding block**.
18. Throw **back(right) high 45 degree turning kick**.
19. Throw **back(left) high 45 degree turning kick**, and land forward with **left back stance**.
20. Execute **left forearm guarding block**. (18-19-20 one count)
21. Turn **90 degrees** to the **left** with front(left) leg into **left front stance** with **left down block**.
22. Immediately adjust the stance to **left back stance**, and execute **right middle punch**. (21-22 one count)
23. Move forward with right leg into **right back stance** with **left middle punch**.
24. Move forward with left leg into **left back stance** with **right middle punch**.
25. Adjust to **left front stance**, and execute **low X-block**.
26. **Jump with left leg**, and turn **180 degrees** to the **left** into **left back stance** with **double elbow strike** (right elbow point to your right side, left pointing to your back side while looking toward the right side).
27. Turn **90 degrees** to the **left** with front(left) leg bringing feet together, and execute **right inside middle block**, and **left down block** simultaneously. Immediately follow with **left inside middle block** and **right down block** simultaneously.
28. Move forward with left leg into **left back stance** with **left forearm guarding block**.
29. Turn **180 degrees** to the **right** by pulling left leg towards right, and right leg going out into **right back stance** with **right forearm guarding block**. Ki-Up.