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## **RED BELT**

Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

### **PATTERN**

Hwa-Rang

This pattern is named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1350 years ago. 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 Taekwon-Do developed into maturity.

### **TECHNIQUES**

Flying front snap kick

Knife hand downward strike

Upward punch

Side elbow thrust

Palm pushing block

Inner forearm middle side front block

Combination kicks

### **SELF DEFENSE**

Ground

Mount and guard defence

### **SPARRING**

2x2 min rounds

"First point" technique strategies

180 degree techniques

1 Step-Sparring for Hwa-Rang – with partner

-See Step Sparring Appendix

### **BREAKING**

Flying double side or reverse side kick (minimum 1 blue board)

### **THEORY**

- Meaning of your pattern
- Number of movements in your pattern
- Explain the purpose of movements from your pattern
- Explain the new stances in your pattern
- Meaning of the colour of your belt

### **TEST REQUIREMENTS**

64 credits minimum

Pre-Test

Leadership Team Contribution

Online theory certificates

2 Seminar, Tournament, Special Training or Special Function

### **Children (7-12 year olds):**

Letter from your Parent(s) or parent present at exam

Teacher approval form

Two Character Cards