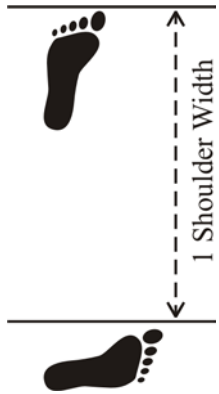


2ND KUP GRADING REQUIREMENTS

Physical Performance:		
Pattern	Hwa-Rang Tul Toi-Gye Tul Joon-Gun Tul	
Destruction	Foot	Jump Side Piercing Kick – Twio Yop Cha Jirugi (Choice of Leg).
	Hand	Knifehand Strike– Sonkal Taerigi (Choice of Hand).
Sparring	Free sparring 1-v-1 & 1-v-2 (Idale Matsoki), One-Step sparring.	

Theory:	
1	Hwa Rang: (29 movements) 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 Tae Kwon- Do developed into maturity.
2	Ready posture for Hwa Rang: Moa Junbi Sogi 'C'.
3	Palm pushing block: Sonbadak Miro Makgi.
4	Fore-fist upward punch: Ap Joomok Ollyo Jirugi.
5	Knife hand downward strike: Sonkal Naerjo Taerigi.
6	<p>New Stance: Soojik Sogi (Vertical Stance)</p> <p>Length: 1 Shoulders Wide. (Measurement is taken from the tip of the toes of the front foot to the side of the big toe of the rear foot with it being at right angles to the front)</p> <p>Width: The width of your foot.</p> <p>Weight: 40% WEIGHT is distributed on the front leg. 60% WEIGHT is distributed on the rear leg.</p> <p>Toes of the rear foot are turned at an angle of 15° inwards. Heel of the front foot is in line with the heel of the rear foot. Toes of the front foot are turned at an angle of 15° inwards. Knees of both legs are locked. Soles of both feet are flat on the ground. Rear leg indicates as to whether it is a right or left Vertical Stance.</p> <div style="text-align: right;">  </div>
7	Candidate must also be able to describe & demonstrate all the following techniques learnt to date: All types of Sogi, Makgi, Jirugi (performed with Ap Joomuk), Chagi

(Preparatory Information Required for Black-Belt Status)**Minimum Periods of training between Kup Grades :**

10 th – 9 th	1 month	9 th – 8 th	1 month
8 th – 7 th	2 months	7 th – 6 th	2 months
6 th – 5 th	3 months	5 th – 4 th	3 months
4 th – 3 rd	4 months	3 rd – 2 nd	4 months
2 nd – 1 st	5 months	1 st – 1 st Dan	5 months

Minimum Periods of training between Dan Grades :

1 st – 2 nd	18 months
2 nd – 3 rd	24 months
3 rd – 4 th	36 months

Significance of the Colour Black on the Black Belt Uniform

Black indicates the wearer being impervious to darkness. It is also the opposite of white. The Black piping on the uniform, measuring 3 cm. in width represents three kingdoms of ancient Korea: Silla, Baek-je, and Koguryo. The aristocracy of ancient Korea wore Black piping,

Formal dress format for Black Belts

1. Blue or Black Suit and Tie
2. ITF Lapel Badge
3. White or Pale Blue shirt
4. Black Leather shoes
5. **Clean**, white trainers when inside a training hall, or tournament arena.

Items presented to student following successfully grading to 1st Dan

- | | |
|----------------------------------|-------------------------------|
| 1. ITF Certificate | 3. Embroidered Black Belt |
| 2. ITF Mini Certificate (for ID) | 4. ITF Black Belt Lapel Badge |

Significance of items of insignia worn by Black Belts.

Doboks:

- i) Dobok with Black Piping on the jacket section. Black Belts up to and including 3rd Dan.
- ii) Dobok with Black Piping on the jacket, jacket sleeve and trouser. Black Belts above 4th Dan.

NOTE!! Under no circumstances should students assume that ONLY information from this sheet will be required for their grading.

They should continue to monitor their syllabus sheets, up to and including 1st Kup, along with gathering and retaining information supplied through the TKD Power™ Website.

HAND PARTS	SANGBANSIN	FINGERTIP THRUST	SONKUT TULGI
Knifehand	Sonkal	Flat Fingertip Thrust	Opun Sonkut Tulgi
Reverse Knifehand	Sonkal Dung	Straight Fingertip Thrust	Sun Sonkut Tulgi
Forefist	Ap Joomok	Upset Fingertip Thrust	Dwijibun Sonkut Tulgi
Back Fist	Dung Joomok	FOOT PARTS	HABANSIN
Side Fist	Yop Joomok	Ball	Apkumchi
Knuckles	Songarak	Back Heel	Dwitchook
Palm	Sonbadak	Back Sole	Dwitcumchi
Fingertips	Sonkut	Footsword	Balkal
Arc Hand	Bandalson	Reverse Footsword	Balkal Dung
STANCES	SOGI	Instep	Baldung
Attention	Charyiot	Footsole	Balbadak
Parallel	Narani	Toes	Balkut
Parallel Ready	Narani Junbi	KICKS	CHAGI
Walking	Gunnun	Front Rising	Ap Cha Olligi
Walking Ready	Gunnun Junbi	Side Rising	Yop Cha Olligi
Sitting	Annun	Front Snap	Ap Cha Busigi
Sitting Ready	Annun Junbi	Side Piercing	Yop Cha Jirugi
'L'	Niunja	Forward Stepping Side Piercing	Ongyo Didimyo Yop Cha Jirugi
Fixed	Gojang	Back Piercing	Dwit Cha Jirugi
Bending Ready 'A'	Goburyo Junbi 'A'	Turning	Dollyo
Bending Ready 'B'	Goburyo Junbi 'B'	Reverse Turning	Bandae Dollyo
One Leg Stance	Waebal	Reverse Hooking	Bandae Dollyo Goro
Close Ready Stance 'A'	Moa Junbi 'A'	Downward	Naeryo
Close Ready Stance 'B'	Moa Junbi 'B'	Crescent	Bandal
Close Ready Stance 'C'	Moa Junbi 'C'	Vertical	Sewo
Low	Nachuo	Hooking	Golcha
Vertical	Soo Jik	Twisting	Bituro
'X'	Kyocha	Checking	Mom Chau
Rear Foot	Dwit Bal	Flying	Twimyo
PUNCHES USING FOREFIST	AP JOOMOK JIRUGI	Flying High	Twimyo Nopi
Front	Ap	Flying Long	Twimyo Nomo
Side	Yop	Jumping	Twigi
Upward	Ollyo	STRIKES USING ELBOW	PALKUP TAERIGI
Downward	Naeryo	Front Elbow	Ap Palkup
Vertical	Sewo	Side Elbow	Yop Palkup
Twin Vertical	Sang Sewo	Back Elbow	Dwit Palkup
Upset	Dwijjibo	Downward Elbow	Naeryo Palkup
Twin Upset	Sang Dwijjibo	Upper Elbow	Wi Palkup
Crescent	Bandal	GENERAL	
Angle	Kyokja	Instructor	Sabum
BLOCKS	MAKGI	Assistant Instructor	Bo Sabum
Inside	An	Master	Sahun
Outside	Bakat	Grand Master	Sasung
Inward	Anuro	Founder of Taekwon-do	Chng Shi Ja
Side	Yop	Examiner	Se Hum Kwon
Outward	Bakuro	Student	Jeja
Knifehand Rising	Sonkal Chookyo	Tenets	Jungshin
Forearm Rising	Palmok Chookyo	Taekwon-do Oath	Taekwon-do Sang So
Palm Pressing	Sonbadak Noolyo	Training Hall	Dojang
Palm Pushing	Sonbadak Miro	Uniform	Dobok
Palm Upward	Sonbadak Ollyo	Belt	Ti
X Fist Rising	Kyocha Joomok Chookyo	Ready	Junbi
X Fist Pressing	Kyocha Joomok Noolyo	Start	Si Jak
Knifehand Guarding	Sonkal Daebi	Stop	Gomman
Forearm Guarding	Palmok Daebi	Return to Start Position	Pharro
Double Forearm	Doo Palmok	Turn Around	Dwirro Torra
Double Forearm Pushing	Doo Palmok Miro	Right About Turn	Oorro Dwirro Torra
Inner Forearm	An Palmol	Left About Turn	Chwarro Dwirro Torra
Twin Forearm	Sang Palmok	Centre Line Turn	Gojaro Dolgi
Reverse Knifehand	Sonkal Dung	Relax	Shewo
Twin Knifehand	Sang Sonkal	Self Defence Techniques	Hosin Sul
Wedging	Hechyoo	In Your Own Time	Koryong Opshe
W Shape	San	By Count or Numbers	Koryong A Macho
Palm Hooking	Sonbadak Golcha	Sliding	Mikulgi
Waist	Hori		
Palm Scooping	Sonbadak Duro		