

KICKS

TAEKWON-DO ACADEMY

ITF Grading Information 2nd Kup – Red Belt

Practical

One Step Sparring

Free Sparring

2 on 1 Free Sparring

Self Defence:

- Standard Release
- Attack Release
- Break Release

Destruction:

- Flying Side Kick

Toi-Gye

Hwa-Rang



One Step Sparring



Free Sparring
2 on 1 Sparring



Self Defence: Standard Release, Attack Release, Break Release



Destruction: Flying Side Kick



Hwa-Rang
Know the meaning of Hwa-Rang

Theory

What is the meaning of Hwa-Rang?

29-movement pattern - 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.

What is the meaning of Black Belt?

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.

What is the System for Two on One Sparring?

Two people attack at will using a combination on hand and feet attacked, whilst one person defends using a combination of hands, feet, blocks, holds and take downs. This form of sparring enables the student to learn to defend themselves against multiple attackers.

Terminology

Stances

Closed ready stance 'C'
Fixed Stance
Vertical stance
Closed stance

Moa junbi sogi 'C'
Gojung sogi
Soojiksogi
Moa sogi

Attacks

Upward punch
Knife hand downward strike
High Turning kick
Side elbow trust
Crescent kick
Flying side kick

Ollyo jirugi
Sonkal naeryo taerigi
Nopunde dollyo chagi
Yop palkup tulgi
Bandal chagi
Twimyo yop chagi

Defences

Palm pushing block
Inner forearm middle side front block

Son badak miro makgi
An palmok kaunde yobap makgi