

2nd Kup Grading Requirements

| Syllabus – For promotion to 1st Kup (Black Stripe) | |
|--|---|
| 1. | Pattern – Hwa-Rang |
| 2. | Sparring – Free Sparring, 2v1 Sparring & 1-Step Sparring |
| 3. | Destruction – Free Choice Of Foot & Hand Technique Measuring and breaking, utilising relevant part of foot |
| 4. | Terminology |
| NOTE: Revise all previous (physical & terminology) | |

| Terminology | |
|--------------------|---|
| 1 | <p>Hwa-Rang – 29 Movements (Ready Posture = <i>MOA JUNBI SOGI C</i>)</p> <p>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.</p> |
| 2 | <p>STANCES – Sogi</p> <p>VERTICAL STANCE – <i>SOOJIK SOGI</i></p> <p>Width = Width of your foot (heel of front foot in line with heel of rear foot) Length = Feet 1 times shoulder width Weight distribution = 60% back leg; 40% front leg Knees of both legs are locked Soles of both feet are flat on the ground Rear leg indicates whether it is a right or left stance</p> |
| 4 | <p>GENERAL TERMINOLOGY</p> <p>SLIDING <i>MIKULGI</i></p> |
| 5 | <p>MOVEMENTS IN HWA-RANG</p> <p>PALM PUSHING BLOCK <i>SOMBADAK MIRO MAKGI</i> FOREFIST UPWARD PUNCH <i>AP JOOMOK OLLYO JIRUGI</i> KNIFE-HAND DOWNWARD STRIKE <i>SONKAL NAERYO TAERIGI</i></p> |
| 6 | <p>DESCRIBE AND DEMONSTRATE ALL OF THE MOVEMENTS IN HWA-RANG...</p> <p>e.g. 1st movement <i>ANNUN SO, KAUNDE SOMBADAK MIRO MAKGI</i> 6th movement <i>ORUN GOJANG SO – MIKULGI, KAUNDE BARO YOP JIRUGI</i> 7th movement <i>WEN SOOJIK SO, SONKAL NAERYO TAERIGI</i> 21st movement <i>ORUN NIUNJA SO, KAUNDAE BARO AP JOOMOK JIRUGI</i></p> |
| 7 | <p>REVISE ALL PREVIOUS TERMINOLOGY FOR DESTRUCTION AND PARTS OF USE</p> |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------------------------------|---|---------------------------------------|---------|-----------------------------------|---------|-----------------------------------|---------|-----------------------------------|---------|-----------------------------------|---------|-----------------------------------|---------|-----------------------------------|---------|-----------------------------------|---------|-----------------------------------|---------|---------------------------------------|---------|---------------------------------------|-----------|--|--|---------------------------------------|-----------|--|--|---------------------------------------|-----------|--|--|
| 8 | <p>APPROXIMATE PERIODS OF TRAINING BETWEEN...</p> <p>KUP GRADES</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 25%;">10th – 9th</td> <td style="width: 25%;">1 month</td> <td style="width: 25%;">5th – 4th</td> <td style="width: 25%;">3 month</td> </tr> <tr> <td>9th – 8th</td> <td>1 month</td> <td>4th – 3rd</td> <td>4 month</td> </tr> <tr> <td>8th – 7th</td> <td>2 month</td> <td>3rd – 2nd</td> <td>4 month</td> </tr> <tr> <td>7th – 6th</td> <td>2 month</td> <td>2nd – 1st</td> <td>5 month</td> </tr> <tr> <td>6th – 5th</td> <td>3 month</td> <td>1st – 1st Dan</td> <td>5 month</td> </tr> </table> <p>DAN GRADES</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 25%;">1st – 2nd Dan</td> <td style="width: 25%;">18 months</td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> <tr> <td>2nd – 3rd Dan</td> <td>24 months</td> <td></td> <td></td> </tr> <tr> <td>3rd – 4th Dan</td> <td>36 months</td> <td></td> <td></td> </tr> </table> | 10 th – 9 th | 1 month | 5 th – 4 th | 3 month | 9 th – 8 th | 1 month | 4 th – 3 rd | 4 month | 8 th – 7 th | 2 month | 3 rd – 2 nd | 4 month | 7 th – 6 th | 2 month | 2 nd – 1 st | 5 month | 6 th – 5 th | 3 month | 1 st – 1 st Dan | 5 month | 1 st – 2 nd Dan | 18 months | | | 2 nd – 3 rd Dan | 24 months | | | 3 rd – 4 th Dan | 36 months | | |
| 10 th – 9 th | 1 month | 5 th – 4 th | 3 month | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 th – 8 th | 1 month | 4 th – 3 rd | 4 month | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 th – 7 th | 2 month | 3 rd – 2 nd | 4 month | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 th – 6 th | 2 month | 2 nd – 1 st | 5 month | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 th – 5 th | 3 month | 1 st – 1 st Dan | 5 month | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 st – 2 nd Dan | 18 months | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 nd – 3 rd Dan | 24 months | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 rd – 4 th Dan | 36 months | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | <p>SIGNIFICANCE OF THE BLACK PIPING ON THE BLACK BELT UNIFORM</p> <p>The black piping on the uniform – measuring 3cm in width represents ...</p> <ul style="list-style-type: none"> ▪ The three kingdoms of Korea – <i>SILLA, BAEK-JE & KOGURYO</i> ▪ The aristocracy of ancient Korea wore black piping | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

COURTESY - INTEGRITY - PERSISTENCE - SELF-CONTROL - INDOMITABLE SPIRIT

| | |
|-------------------------------|-------------------------|
| Knife-hand | Sonkal |
| Reverse Knife-hand | Sonkal Dung |
| Forefist | Ap Joomok |
| Back Fist | Dung Joomok |
| Side Fist | Yop Joomok |
| Knuckles | Songarak |
| Palm | Sonbadak |
| Fingertips | Sonkut |
| Arc Hand | Bandalson |
| STANCES | SOGI |
| Attention | Chariot |
| Parallel | Narani |
| Parallel Ready | Narani Junbi |
| Walking | Gunnun |
| Walking Ready | Gunnun Junbi |
| Sitting | Annun |
| Sitting Ready | Annun Junbi |
| 'L' | Niunja |
| Fixed | Gojang |
| Bending Ready 'A' | Goburyo Junbi 'A' |
| Bending Ready 'B' | Goburyo Junbi 'B' |
| One Lag Stance | Waebal |
| Close Ready Stance 'A' | Moa Junbi 'A' |
| Close Ready Stance 'B' | Moa Junbi 'B' |
| Close Ready Stance 'C' | Moa Junbi 'C' |
| Low | Nachuo |
| Vertical | Soo Jik |
| 'X' | Kyocho |
| Rear Foot | Dwit Bal |
| PUNCHES USING FOREFIST | AP JOOMOK JIRUGI |
| Front | Ap |
| Side | Yop |
| Upward | Ollyo |
| Downward | Naeryo |
| Vertical | Sewo |
| Twin Vertical | Sang Sewo |
| Upset | Dwijibo |
| Twin Upset | Sang Dwijibo |
| Crescent | Bandal |
| Angle | Kyokja |
| BLOCKS | MAKGI |
| Inside | An |
| Outside | Bakat |
| Inward | Anuro |
| Outward | Bakuro |
| Knife-hand Rising | Sonkal Chookyo |
| Forearm Rising | Palmok Chookyo |
| Palm Pressing | Sonbadak Noolyo |
| Palm Pushing | Sonbadak Miro |
| Palm Upward | Sonbadak Ollyo |
| X Fist Rising | Kyocho Joomok Chookyo |
| X Fist Pressing | Kyocho Joomok Noollo |
| Knife-hand Gaurding | Sonkal Daebi |
| Forearm Gaurding | Palmok Daebi |
| Double Forearm | Doo Palmok |
| Double Forearm Pushing | Doo Palmok Miro |
| Inner Forearm | An Palmok |
| Outer Forearm | Bakat Palmok |
| Twin Forearm | Sang Palmok |
| Reverse Knife-hand | Sonkal Dung |
| Twin Knife-hand | Sang Sonkal |
| Wedging Hechyo | Hechyo |
| W Shape | San |
| Palm Hooking | Sonbadak Golcha |
| Waist | Hori |
| Palm Scooping | Sonbadak Duro |

| | |
|--------------------------------|------------------------------|
| Flat Fingertip Thrust | Opun Sonkut Tulgi |
| Straight Fingertip Thrust | Sun Sonkat Tulgi |
| Upset Fingertip Thrust | Dwijibun Sonkut Tulgi |
| FOOT PARTS | HABANSIBN |
| Ball | Apkumchi |
| Back Heel | Diwtchock |
| Back Sole | Dwitcumchi |
| Footsword | Balkal |
| Reverse Footsword | Balkal Dung |
| Instep | Baldung |
| Footsole | Balbadak |
| Toes | Balkut |
| KICKS | CHAGI |
| Front Rising | Ap Cha Olligi |
| Side Rising | Yop Cha Olligi |
| Front Snap | Ap Cha Busigi |
| Side Piercing | Yop Cha Jirugi |
| Forward Stepping Side Piercing | Omgyo Didimyo Yop Cha Jirugi |
| Back Piercing | Dwit Cha Jirugi |
| Turning | Dollyo |
| Reverse Turning | Bandae Dollyo |
| Reverse Hookin | Bandae Dollyo Goro |
| Downward | Naeryo |
| Crescent | Bandal |
| Vertical | Sewo |
| Hooking | Golcha |
| Twisting | Bituro |
| Checking | Mom Chau |
| Flying | Twimyo |
| Flying High | Twimyo Nopi |
| Flying Long | Twimyo Nomo |
| Jumping | Twigo |
| STRIKES USING ELBOW | PALKUP TAERIGI |
| Front Elbow | Ap Palkup |
| Side Elbow | Yop Palkup |
| Back Elbow | Dwit Palkup |
| Downward Elbow | Naeryo Palkup |
| Upper Elbow | Wi Palkup |
| GENERAL | |
| Instructor | Sabum |
| Assistant Instructor | Bo Sabum |
| Master | Sahun |
| Grand Master | Sasung |
| Founder of Taekwon-Do | Chang Shi Ja |
| Examiner | Se Hum Kwon |
| Student | Jeja |
| Tenets | Jungshin |
| Taekwon-Do Oath | Taekwon-Do sang So |
| Training Hall | Dojang |
| Uniform | Dobok |
| Belt | Ti |
| Ready | Junbi |
| Start | Si Jak |
| Stop | Gomman |
| Return to Start Postion | Pharro |
| Turn Around | Dwirro Torra |
| Right About Turn | Oorro Dwirro Torra |
| Left About Turn | Chwarro Dwirro Torra |
| Centre Line Turn | Gujari Dolgi |
| Relax | Shewo |
| Self Defence Techniques | Hosin Sul |
| In Your Own Time | Koryong Opshe |
| By Count or Numbers | Koryong A Macho |
| | |
| | |

COURTESY - INTEGRITY - PERSISTENCE - SELF-CONTROL - UNDEFEATIBLE SPIRIT