

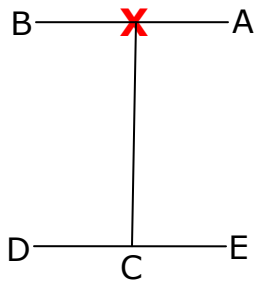
Meaning of Belt Color

Red Belt, 1st gup (1-2 stripes)

Red Belt Signifies Danger, cautioning the student to exercise control and warning the opponent to stay away.

Form(s):

- Hwa-Rang (1st Stripe only)



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.

Movements: 29

Ready Posture: Closed Ready Stance C

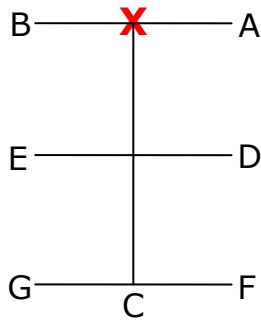
The illustration assumes that the student is on line AB at X facing C.

1. Step left (toward A, facing C) forming a horse-riding stance while slowly executing a middle-section palm strike with the left palm.
2. Staying in the same stance, execute a middle-section punch with the right fist.
3. Staying in the same stance, execute a middle-section punch with the left fist. (These punches should be done in rapid succession)
4. Shift with the right leg 90 degrees to the right (toward B) forming a right back-stance while executing a twin-forearm block.
5. Staying in the same stance, execute an upper-cut punch with the left fist while pulling the right side fist in front of the left shoulder.
6. Staying in the same stance, execute a middle-section punch with the right fist.
7. Shift the right leg into a standing position (toward B) while executing a downward knife-hand strike with the right hand.
8. Step forward with the left foot (toward B) forming a left front-stance while executing a middle-section punch with the left fist.)
9. Turn 90 degrees to the left (toward C) forming a left front-stance while executing a down-block with the left forearm.
10. Step forward with the right foot (toward C) forming a right front-stance while executing a middle-section punch with the right fist.

11. Pull the left foot toward the right foot forming a cat-stance while encircling the right hand with the left.
 12. Execute a middle-section side-kick with the right foot (toward C) forming a right back-stance while executing a knife-hand strike with the right hand.
 13. Step forward with the left foot (toward C) forming a left front-stance while executing a middle-section punch with the left fist.
 14. Step forward with the right foot (toward C) forming a right front-stance while executing a middle-section punch with the right fist. Ki-hop once the punch has been performed.
 15. Turn 270 degrees to the left (toward D) forming a left back-stance while executing a double knife-hand block.
 16. Step forward with the right foot (toward D) forming a right front-stance while executing a middle-section spear-hand with the right hand.
 17. Execute a two-count step change 180 degrees to the left (toward E) forming a left back-stance while executing a double knife-hand block.
 18. Execute a high-section round-kick with the right foot and then lower it toward E.
 19. Execute a high-section round-kick with the left foot and then lower it toward E forming a left back-stance while executing a double knife-hand block. (These kicks should be done in rapid succession)
 20. Turn 90 degrees to the left (toward X) forming a left front-stance while executing a low-block with the left forearm.
 21. Shift back into a left back-stance while executing a middle-section reverse punch with the right fist.
 22. Step forward with the right foot (toward X) forming a right back-stance while executing a middle-section reverse punch with the left fist.
 23. Step forward with the left foot (toward X) forming a left back-stance while executing a middle-section punch with the right fist.
 24. Shift into a left front-stance while executing a low-section x-block.
 25. Turn 180 degrees (toward X, facing C) forming a right back-stance while executing an elbow strike with the right elbow.
 26. Turn 90 degrees to the left (toward A) forming a standing position while executing a right front-block and a left down-block.
 27. Staying in the same stance, execute a left front block and a right down block.
 28. Step forward with the left foot (toward A) forming a left back-stance while executing a double knife-hand block.
 29. Step together and turn 180 degrees to the right (toward B) forming a right back-stance while executing a double knife-hand block.
- END: Bring the right foot back to a ready posture.

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- Taeguk 8 (1-4 Stripes)



Movements: 24

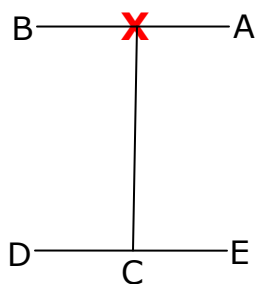
Ready Posture: Closed Ready Stance

The illustration assumes the student is on line AB at X facing C.

1. Step forward with the left foot (toward C) forming a left fighting-stance. Upon completing the fighting stance, shift the left foot into a left front-stance while executing a middle-section punch with the right fist.
2. Execute a jumping front-kick with the left foot (toward C) landing in a left front-stance while executing a middle forearm block. Once the block has been performed, execute two middle-section punches with the right then left fist. (These punches should be done in rapid succession. Ki-hop once the jumping front-kick has been performed.)
3. Step forward with the right foot (toward C) forming a right front-stance while executing middle-section punch with the right fist.
4. Turn 270 degrees to the left (toward F, facing G) forming a right front-stance while executing a high-section side-block with the right forearm and a down-block with the left forearm.
5. Shift stances from a left right front-stance to a left front-stance (toward G) while executing an uppercut punch with the right fist and bring the left fist near the right shoulder.
6. Perform a step change 180 degrees to the right forming a left front-stance (toward G, facing F) while executing a high-section side-block with the left forearm and down-block with the right forearm.
7. Shift stances from a left front-stance to a right front-stance (toward F) while executing an uppercut punch with the left fist and bringing the right fist to the left shoulder.
8. Turn 270 degrees to the left (toward C) forming a left back-stance while executing a double knife-hand block.
9. Slide the left foot back forming a left front-stance while executing a middle-section punch with the right fist.
10. Execute a front-kick with the right foot (back foot) (toward C) while bringing it back down to where it was originally. Once the foot is back, step back with the left foot into a right tiger-stance while executing a middle-section palm-block with the right hand.
11. Turn 90 degrees to the left (toward D) forming a left tiger-stance while executing a middle-section double knife-hand block.

12. Execute a middle-section front-kick with the left foot (front foot) (toward D) landing in a left front-stance while executing a middle-section reverse punch with the right fist.
 13. Bring the left foot back into a left tiger-stance while executing a middle-section palm-block with the left hand.
 14. Turn 180 degrees to the right (toward E) forming a right tiger-stance while executing a double knife-hand block.
 15. Execute a middle-section front-kick with the right foot (front foot) (toward E) landing in a right front-stance while executing a middle-section reverse punch with the left fist.
 16. Bring the right foot back into a right tiger-stance while executing a middle-section palm-block with the right hand.
 17. Turn 90 degrees to the right (toward X) forming a right back-stance while executing a down-block with the right forearm with the left fist at the solar plexus.
 18. Execute a middle-section front-kick with the left foot (back foot) (toward X). When the left front-kick has been performed, perform a jump front-kick with the right leg (toward X) landing in a right front-stance while executing a high-section side-block with the right forearm. Execute a middle-section punch with the left fist. Ki-hop once the jump front-kick has been performed.
 19. Turn 270 degrees to the left (toward A) forming a left back-stance while executing a middle-section knife-hand block with the left hand. (palm facing outwards)
 20. Shift stances into a right front-stance (toward A) forming a left front-stance while executing a high-section reverse elbow strike with the right elbow.
 21. Staying in the same stance, execute a high-section back-fist with the right fist. Immediately perform a middle-section punch with the left fist.
 22. Turn 180 degrees to the right by performing a step change forming a right back-stance while executing a middle-section knife-hand block with the right hand. (palm facing outwards)
 23. Shift stances into a right front-stance while executing a high-section reverse elbow strike with the left elbow.
 24. Staying in the same stance, execute a high-section back-fist with the left fist. Immediately perform a middle-section punch with the right fist
- End: Bring the left towards the right foot into a closed ready stance.

- Simmudo Hyung (2-4 Stripes)



Movements: 20

Ready Posture: Closed Ready Stance B with a strike of the closed hands once your hands are in the front of the solar plexus.

The illustration assumes that the student is on line AB at X facing C.

1. Turn 90 degrees to the right (toward B) forming a left back-stance while executing a middle-section side-block with the left open hand.
2. Grab your left hand with the right and rotate 180 degrees to the left (pivoting on the right leg) (toward A) forming a left front-stance. Once facing A, execute a down-ward punch into a face on the ground while bending your back leg. Ki-hop once the punch has been performed.
3. Turn 180 degrees to the right (toward B) forming a right back-stance while executing a middle-section side-block with the right open hand.
4. Grab your right hand with the left and rotate 360 degrees to the left (toward B) forming a left front-stance. Once facing B, execute a down-ward punch into a face on the ground while bending your back leg. Ki-hop once the punch has been performed.
5. Turn 90 degrees to the left (toward C) forming a left front-stance while executing a low-section knife-hand block with the left hand.
6. Step forward with the right foot (toward C) forming a right front-stance while executing a low-section knife-hand block with the right hand. Then, execute a low-section back-fist strike towards the ground with the right hand. Then, execute a spear-hand (back of the hand facing the ground) to the ribs with the right hand.
7. Execute a middle-section front-kick with the left leg (toward C) stepping into a left front-stance while executing a low-section knife-hand block with the left hand. Then, execute a low-section back-fist strike towards the ground with the left hand. Then, execute a spear-hand (back of the hand facing the ground) to the ribs with the left hand.
8. Execute a middle-section front-kick with the right leg (toward C) stepping into a right front-stance while executing a low-section knife-hand block with the right hand. Then, execute a low-section back-fist strike towards the ground with the right hand. Then, execute a spear-hand (back of the hand facing the ground) to the ribs with the right hand. Ki-hop once the spear-hand has been performed.
9. Turn 270 degrees to the left (toward D) forming a left back-stance while executing a middle-section side-block with the left open hand.
10. Shifting into a left front-stance, execute a reverse elbow strike with the right elbow. Then, execute a middle-section side-block with the same arm. (These two moves should be done in rapid succession)
11. Turn 180 degrees to the right (toward E) forming a right back-stance while executing a middle-section side-block with the left open hand.
12. Shifting into a right front-stance, execute a reverse elbow strike with the left elbow. Then, execute a middle-section side-block with the same arm. (These two moves should be done in rapid succession)
13. Turn 90 degrees to the left (toward X) forming a left back-stance while executing a middle-section side-block with the left open hand.
14. Step forward with the right leg (toward X) forming a right back-stance while executing a middle-section side-block with the right open hand. Then, execute a high-section palm-strike with the right hand, shifting into a right front-stance.

15. Step forward with the left leg (toward X) forming a left back-stance while executing a middle-section side-block with the left open hand. Then, execute a high-section palm-strike with the left hand, shifting into a left front-stance.
 16. Step forward with the right leg (toward X) forming a right back-stance while executing a middle-section side-block with the right open hand. Then, execute a high-section palm-strike with the right hand, shifting into a right front-stance.
 17. Turn 270 degrees to the left (toward A) forming a left back-stance while executing a double knife-hand block.
 18. Step forward with the right leg (toward A, facing away from X) forming a horse-riding stance while executing a knife-hand strike with the right hand.
 19. Turn 180 degrees to the right (toward B) forming a right back-stance while executing a double knife-hand block.
 20. Step forward with the left leg (toward B, facing away from X) forming a horse-riding stance while executing a knife-hand strike with the left hand. Ki-hop once the knife-hand strike has been performed.
- End: Turn left to return to ready stance.

Il Bo Teryon 1st Gup (opponent and defender should be in a closed fighting stance while attacking with a back leg front-kick instead of a punch)

43. Down-block to the front-kick with the same side arm as the punch and then perform a side kick with the back leg, step down, face-level spin heel kick with the other leg (step back for room if necessary)
44. Block the kick with a downward back-fist to the opponent's knee (same side fist as the kick). Then, strike the opponent in the floating ribs with a finger-thrust (step forward to strike the knee if necessary)
45. Block the kick with a downward knife-hand x-block while grabbing the opponent's leg by enclosing your hands. Step forward and perform a front-kick (toes down) to the groin with the opposite side leg as the punch
46. Downward palm-block with the same side palm as the kick to the kick of the opponent, then perform a ridge-hand to the face of the opponent with the opposite side hand as the kick.
47. Downward palm-block with the same side palm as the kick to the kick of the opponent, then perform an elbow strike to the face of the opponent with the opposite side elbow as the kick.

Sam Bo Teryon-1st Gup

13. Block 3 times with high-rising block (stepping back with a back-stance), round-kick (with the back leg) to the solar plexus and then, without putting down, to the head.
14. Block 3 times with high-rising block, hook-kick (with the back leg) to the head.
15. Block 3 times with high-rising block, grab with the last block and pull the opponent inwards. Perform a hammer fist to the same-side shoulder with the free hand.
16. Block 3 times with high-rising block, front kick (with the back leg), step down and perform an upward elbow strike to the solar plexus.

Sohn Bae Ki (Wrist Escapes)

1. Have the opponent grab your same side wrist. Open up your hand and then step with the same side leg toward your opponent. Push your hand past the opponent's head on the same side to release grab.
2. Have the opponent grab your same side wrist. Open up your hand and then step with the same side leg toward your opponent. Push your hand past the opponent's head on the opposite side as the grab to release.
3. Have the opponent grab your same side wrist. Open up your hand and then step with the same side leg in front of your opponent. Push your hand downwards with your knees facing away from the target area to protect your groin. Push your downward further if hand is still grabbing your wrist.
4. Have the opponent grab your opposite side wrist. Open up your hand and then step forward with the same side leg toward your opponent. Push your hand past the opponent's head on the same side as the grab to release.
5. Have the opponent grab your opposite side wrist. Open up your hand and then circle the opponent's arm (right side start=clockwise turn, left side start=counterclockwise turn). When about 90 degrees up from the bottom of the arc, take your other hand and grab the top of the opponent's hand. Continue upwards so that the arc reaches 180 degrees from its origin. Then, with the opponent's wrist lock in a weird position, roll (don't push) the opponent's hand downward. It may help to point your fingers to guide your opponent.

Breaking Techniques

- Pick 2-3 techniques (At least one hand technique and one foot technique)
1. Palm Strike (Pyung Soo)
 2. Drop Kick (Axe Kick) (Chi Gi Cha Ki)
 3. Side Kick (Yop Cha Ki)

Free Sparring