



Red Belt Cheat Sheet

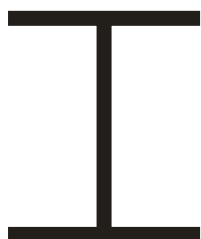
Everything you need for your 2nd Kup grading · Pattern: Hwa-Rang



The Pattern — Hwa-Rang

29 MOVES

FLOOR PATTERN



FIRST MOVE



Begin: Closed Ready Stance 'C'

MEANING

Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty around 600AD. This group eventually became the actual driving force for the unification of the kingdoms of Korea. The 29 movements refer to the 29th Infantry Division where Taekwon-Do developed into maturity.



Pattern Movements

29 MOVES

1. Palm Pushing Block (Middle · S · Left Slide)
2. Double Punch (Middle · S)
3. Twin Outer Forearm Block (High / Mid · L · Right 90°)
4. Upward Punch (High · L)
5. Sliding Side Punch (Middle · F · Right Slide)
6. Knife Hand Downward Strike (High · V)
7. Obverse Punch (Middle · W · Forward)
8. Outer Forearm Block (Low · W · Left 90°)
9. Obverse Punch (Middle · W · Forward)
10. Release From Grab (W)
11. Side Piercing Kick (Middle · Forward)
12. Knife Hand Strike (Middle · L)
13. Obverse Punch (Middle · W · Forward)
14. Obverse Punch (Middle · W · Forward)
15. Knife Hand Guarding Block (Middle · L · Left 270°)
16. Straight Fingertip Thrust (Middle · W)
17. Knife Hand Guarding Block (Middle · L · Forward)
18. Turning Kick (High · Left 180°)
19. Turning Kick (High · Forward)
20. Outer Forearm Block (Low · W · Forward)
21. Obverse Punch (Middle · W · Left 90°)
22. Obverse Punch (Middle · L)
23. Obverse Punch (Middle · L · Forward)
24. X Fist Pressing Block (Low · W · Forward)
25. Side Elbow Thrust (Middle · L)
26. Inner Forearm Block / Outer Forearm Block (Middle / Low · C · Forward / Left 90°)
27. Inner Forearm Block / Outer Forearm Block (Middle / Low · C / C)
28. Knife Hand Guarding Block (Middle · L · Forward)
29. Knife Hand Guarding Block (Middle · L · Right 180°)

W Walking · L L-Stance · S Sitting · F Fixed · C Closed · V Vertical · X X-Stance · BRS Bending Ready · RFS Rear Foot · LOW Low Stance



Theory the Examiner May Ask

THE FIVE TENETS

Courtesy · Integrity · Perseverance · Self-Control · Indomitable Spirit

MEANING OF THE BELT

Danger, cautioning the student to exercise control and warning the opponent to stay away

THEORY OF POWER

Reaction Force · Concentration · Equilibrium · Breath Control · Mass · Speed



Korean Terms — This Grade

11 TERMS

KOREAN	ENGLISH	KOREAN	ENGLISH
Moa Junbi Sogi C	Closed Ready Stance C	Ap Jirugi	Front Punch
Sonbadak Miro Makgi	Palm Heel Pushing Block	Sonkal Taerigi	Knife Hand Strike
Sang Palmok Makgi	Twin Forearm Block	Sun Sonkut Tulgi	Straight Fingertip Thrust
Najunde Makgi	Low Block	Nopunde Dollyo Chagi	High Turning Kick
Ollyo Jirugi	Upward Punch	Yop Palkup Taerigi	Side Elbow Strike
Naeryo Sonkal Taerigi	Downward Knifehand Strike		



Line-Work For This

Grading

11

DRILLS

1. First 3 moves from Won-Hyo
2. Hooking block, hooking block, punch
3. Knife hand guarding block, upward elbow strike
4. Low X-block — twin punch
5. Circular block, front kick, reverse punch
6. Walking stance twin upset punch
7. L stance low section upset fingertip
8. Low stance pressing block
9. Side kick, reverse side kick
10. Turning kick, reverse turning kick
11. Step up axe kick, double punch, forearm guarding block



Grading Checklist

TICK AS YOU GO

- | | |
|--|--|
| ☐ Hwa-Rang, all 29 movements | ☐ Meaning of Hwa-Rang |
| ☐ 2 Step Sparring (Ibo Matsoki) | ☐ Free Sparring (Jayoo Matsoki) |
| ☐ Line-work — all 11 drills | ☐ Korean terminology for this grade |
| ☐ The five tenets, in order | ☐ Theory of power, all six |
| ☐ Meaning of your belt colour | ☐ Dobok clean, belt tied properly |



Common Faults the Examiner Spots

L-stance too short — 1.5 shoulder widths, 70/30 weighting.

Rushing the pattern — breathe, and pause between moves.

Turning kick not pivoting the standing foot fully over.

Guard dropping between techniques.



Drill this on the way to class

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