


Name of Future Black Belt

## Advanced Level - Module I (Hwa Rang)

Photograph

Focus Areas– Page 1	A	B,C,D	E	Comments	F
Fitness—25, press Ups (over 18 men knuckles), 25 squat thrusts, leg rising, 25 sit ups , own stretching routine					
Previous patterns –especially Won Hyo, Yul Gok, Joon Gun & Toi Gye					
Kicks—Double Kicks, front leg kicks, jumping front kicks, flying side kick					
Line Work					
Combination 1 -L Stance forearm guarding Block/ double turning kick/ spinning hook kick chamber turning kick land Walking stance high double punch					
Combination 2 -Walking stance x-fist block, twin veritical punch, cycling action jumping front kick, L stance High section Knifehand guarding block					
Stances— all stances					

Licence No

Date of Belt Graduation



Name of Future Black Belt

## Advanced Level - Module I (Hwa Rang)

### Power Tests

Under 18s  
kicks and hand strikes to padded targets

Over 18s—  
techniques to padded targets  
PLUS  
-Side kick break ,  
1 black board,  
ladies 1 white board  
- turning kick or  
reverse turning  
kick measure  
-Hand Technique  
excluding elbow  
strike—board  
colour depend-  
ant on body  
weight

Focus Areas— Page 2	A	B,C,D	E	Comments	F
Pattern Hwa— Rang					
2 Step Sparring –1 to 4					
1 Step Sparring—including takedowns, evasion, kick counters					
Self Defence—previous					
Knife Defence—Downwards strike					
3 Step Semi Free Sparring—Basic					
Free Sparring					
Power / Fitness					
Questions					
Black Belt Attitude— demonstrating the 5 tenets during grading					



Examiner  
Signature

Result

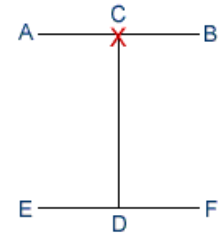
Examiner Mr s Fedor 5th Dan

# Module Hwa-Rang



## Hwa-Rang Pattern

**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. ( start pattern at C facing D**

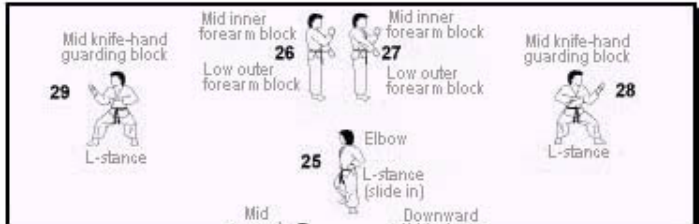
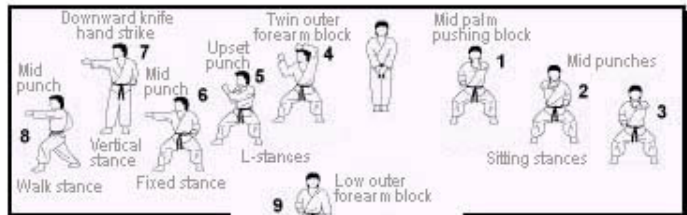


1. Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
4. Execute a twin forearm block while forming a left L-stance toward A, pivoting with the left foot.
5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.
7. Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.
8. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A.
9. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
10. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Pull the left foot toward the right foot while bringing the left palm to the right forearm, at the same time bending the right elbow about 45 degrees outward.
12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction and then lower it to D forming a left L-stance toward D, at the same time executing a middle outward strike to D with the right knife-hand.

# Hwa-Rang Pattern



13. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
  14. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
  15. Move the left foot to E turning counter clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand.
  16. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.
  17. Move the right foot on line EF forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.
  18. Execute a high turning kick to DF with the right foot and then lower it to F.
  19. Execute a high turning kick to CF with the left foot and then lower it to F forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand. Perform 18 and 19 in a fast motion.
  20. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
  21. Execute a middle punch to C with the right fist while forming a right L-stance toward C, pulling the left foot.
  22. Move the right foot to C forming a left L-stance toward C while executing a middle punch to C with the left fist.
  23. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the right fist.
  24. Execute a pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C.
  25. Move the right foot to C in a sliding motion forming a right L-stance toward D while thrusting to C with the right elbow.
  26. Bring the left foot to the right foot, turning counter clockwise to form a closed stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.
  27. Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a closed stance toward B.
  28. Move the left foot to B forming a right L-stance toward B at the same time executing a middle guarding block to B with a knife-hand.
  29. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
- END: Bring the right foot back to a ready posture.



## 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.



## Examples of One-Step Sparring 1-10

1. Left foot to the left and forwards, sitting stance facing opponents side  
Right outer forearm block to the outside, left middle punch, right middle punch, left high punch
2. Right foot back, right L-stance  
Left inwards outer forearm block to the outside, slide in, right upset punch
3. Right foot back, right L-stance  
Knifehand guarding block to the inside, slide left foot forwards, left walking stance, right flat fingertip thrust to the philtrum, left high palm strike
4. Left foot back, left L-stance, left inner forearm block to the outside  
Slide in right side punch
5. Left foot forwards, right L-stance, left hooking block to inside  
Slide into left walking stance, right front elbow strike, grab around the head with the right arm and pull down onto right knee strike
6. Left foot forwards, right L-stance, left inwards outer forearm block to outside, roll left arm over opponents arm to lock the elbow then spin clockwise to execute a right spinning elbow strike
7. Right foot back, right L-stance, right inwards outer forearm block to outside  
Slide forwards, left walking stance, right middle reverse knifehand strike, shift into sitting stance, left upset punch to the kidneys, shift back to left walking stance, right upset punch to the ribs
8. Left foot to the left, left L-stance, middle knifehand guarding block to outside, right turning kick, spot turn, reverse side-piercing kick
9. Right foot back, right L-stance, left upwards palm block, left leg front snap kick to the armpit, roll palm to push the opponents arm to the right and slide forwards, right front backfist strike, levering with left arm
10. Left foot back, left L-stance, right outer forearm block to outside  
Right side-pressing kick to the knee, land in right walking stance, right side backfist strike



# Module Hwa-Rang

# Questions & Answers

	Questions	Answers ( Juniors under 12 only need to know the sections in red)
1	How does “knee Spring” create power in a technique?	When moving from one stance position to another the body should rise and then fall by slightly straitening and then bending the knee of the supporting leg. This is called “Knee spring” and <b>adds more MASS/Body weight behind a technique.</b> “Sine wave” is used when making a punch in walking stance stepping from a walking stance. “Saw wave” is in evidence when moving from a L stance to an L stance making knifehand guarding block.... <b>Sir ( Ma’am)</b>
2	Give 2 examples of how kicks can be used as blocks?	<b>1.Front rising kick , used as a stretching exercise, can also be used as a block to a punch by raising the leg and using the ball of the foot to raise up an attacking punch.</b> <b>2. Crescent kicks can be used to block punches o( Ma’am)r kicks. Sir/ Ma’am</b>
3	How many moves are there in Hwa -Rang pattern and what does the number of moves represent?	<b>29 moves.</b> The 29 movements refer to the 29th Infantry Division, whwere Tae Kwon-Do developed. <b>Sir/ Ma’am</b>
4	What is the meaning behind Hwa-Rang pattern?	<b>Hwa-Rang is named after the Hwa-Rang youth group, which originated in the Silla dynasty during the early 7th century AD.</b> This group eventually became the driving force behind the unification of the three kingdoms of Korea.. <b>Sir / Ma’am</b>
5	Why do you want to be a Black Belt?	Your personal answer. Have a think about the question and your answer.

# Module Hwa-Rang

# Questions & Answers

	Questions	Answers ( Juniors under 12 only need to know the sections in red)
6	What does the colour black in the belt system mean?	<p>Black is the opposite to white and signifies maturity( more experience and wiser ) and proficiency( skilfully advance) in Taekwondo Sir/ Ma'am</p> <p>It also signifies "imperviousness to darkness and fear"( shielding oneself against being affected, disturbed or influenced by negative thoughts or fear either from others or from within ourselves Sir/ ma'am</p>
7	Describe how to make a vertical stance?	<p>1. Both legs straight 2. Feet making an L Shape 3. the distance from the back instep to the tip of front leg toes to be approx 1 shoulder width 4. 60 % weight on the back leg, 40% weight on the front leg..Sir/ Ma'am</p>
8	What were the nine virtues of the Hwa – Rang?	<p>Humanity, Trust, Courtesy, Kindness Courage, Honour, Loyalty, Knowledge, Wisdom, ....Sir/ Ma'am Seniors...describe each virtue</p>
9	How have you changed since training in Taekwondo?	<p>Your own personal answer . Have a think about your answer before the grading.</p>
10-	How is meditation the "Yin" to the "Yang" of Taekwondo moves?	<p>Taekwondo is very dynamic, it works the whole body, stretches, strengthens, and makes us faster and fitter. The awesome energy generated by a taekwondo practitioner is very "Yang" and Meditation is about stillness, calm and the gathering in of energy, it is the opposite to Yang movement and extremely beneficial.</p>