

# High Red Belt (2<sup>nd</sup> Grade)

## Techniques

1. All lower belt techniques
2. Vertical Stance
3. Closed Ready Stance C
4. Mid Section Palm Pushing Block
5. Inner Forearm/Low Block
6. Downward Knife Hand Strike
7. Upward Punch
8. Obverse Punch
9. Turning Kick (Ball of Foot)
10. Jumping Back Kick
11. Hooking Kick/Front Turning Kick
12. Double Front Turning/Hooking Kick
13. Jumping Front Turning Kick Vertical
14. Jumping Side Kick
15. Flying Side Kick

## Board Breaking

1. Flying side kick
2. Reverse knife-hand strike

## Three Step Sparring

Review all lower belt combinations

20. Middle section palm pushing with a back fist/reverse punch defense. (Walking = Forward, L = Backward)
21. Inner forearm block/low block with turning kick/turning kick defense. (Walking = Forward/Backward)

## One Step Self Defense

Review all lower belt combinations

25. Stationary crescent block; high-section spin kick. (May use either leg.)
26. Stationary crescent block; high-section back kick. (May use either leg.)
27. (Opponent punches high.) Drop forward into left walking stance with right high-section inward knife-hand strike combination (in fast sequence); grab opponent's right arm; pull back as you sweep the right leg with your right hand; reverse punch with yell.
28. Stationary left reverse crescent block; right ball of the foot turning kick. (In front of face.)
29. Dodge left forward into walking stance with right grab to shoulder; right mid-section double front turning kick; high-section ax kick; left reverse punch with yell.
30. Jump left into sitting stance with left palm block; 1-2 punch; right grab to shoulder; right mid-section double front turning kick; high-section ax kick; left reverse punch with yell.

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31. Stationary left reverse crescent block; right mid/high-section double front turning kick; right high-section reverse turning kick.
32. (Opponent punches high.) Drop forward into left walking stance with left high-section knife-hand block and right mid-section upset punch combination followed by right high-section inward knife-hand strike combination (in fast sequence): grab opponent's right arm; pull back as you sweep the right leg with your right hand; reverse punch with yell.
33. Vertical jumping; right high-section front turning kick.
34. Jump right forward into sitting stance; left knife-hand block and right high-section attack (of your choice) combination; right palm strike to face with right foot sweep; right reverse punch with yell.

### Sparring Combinations

Review all lower belt combinations

29. Front Punch - Spin Back Kick

30. Front Leg Side Kick - Jump Back Kick

31. Front Foot Hook Kick - Same Leg Turning Kick - Spin Back Kick

32. Front Foot Ax Kick - Rear Leg Turning Kick - Spin Hook Kick

### Pattern

1. All lower belt patterns
2. Hwa-Rang

### Vocabulary

1. Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty during the 7th century. This group eventually became the actual driving force in the unification of the three kingdoms of Korea. The 29 movements refer to the 29th Infantry Division where Taekwon-Do developed into maturity.
2. Meaning of Patterns (Tul)

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### What to expect from this belt:

By Red belt, students are well versed regarding overcoming struggles and obstacles related to Taekwon-Do. At this level, students continue to gain confidence and ability in their training and exhibit greater patience for the increasingly difficult techniques, patterns and combinations. Achieving Black Belt is no longer a step that appears far away; in fact, most students realize how close their first major Taekwon-Do achievement really is. *With regards to struggles at red belt level. For both children and adults, Self Control is likely the biggest area of difficulty. Specifically, the increased ability, that students have developed by this level, can sometimes cause aggressiveness and overconfidence in class and while working with partners. Some begin to feel as though they need to practice less and need to start making corrections for their peers in class. This is a tough dilemma because, by this level, students are assisting with lower belt classes and are given the opportunity to lead so it is hard to make the distinction between being an "Advanced" belt group leader and still being a student. The easiest way to maintain the balance between helping others and helping yourself is to remember humility; in other words we are all students and have something to learn from everyone and everything we experience. If classes are easy then use Integrity and push yourself by utilizing extra practice time and by asking for more in-depth explanations of techniques and drills. Learning the techniques and Tenets of Taekwon-Do is a lifelong process and can offer new challenges everyday.*



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## Meaning of the Patterns

The ancient law in the Orient was similar to the law of Hamurabi "an eye for an eye, a tooth for a tooth", and was rigorously enforced even if death was accidental. In this type of environment, and since the present system of free sparring had not yet been developed, it was impossible for a student of the martial arts to practice or test his individual skill of attack and defense against actual moving opponents. Individual advancements were certainly hindered until an imaginative practitioner created the first patterns. Patterns are various fundamental movements, most of which represent either attack or defense techniques, set to fixed or logical sequences. The student systemically deals with several imaginary opponents under various assumptions, using every available attacking and blocking tool from different directions. Thus pattern practice enables the students to go through many fundamental movements in series, to develop sparring techniques, improve flexibility of movements master body shifting, build muscles and breath control, develop fluid and smooth motions, and gain rhythmical movements. It also enables a student to acquire certain special techniques which cannot be obtained from either fundamental exercises or sparring. In short, a pattern can be compared with a unit tactic or a word, if fundamental movement is an individual soldier's training or alphabet. Accordingly, pattern the ledger of every movement, is a series of sparring, power, feats and characteristics of beauty. Though sparring may merely indicate that an opponent is more or less advanced, patterns are a more critical barometer in evaluating an individual's technique.

The following points should always be considered while performing patterns:

1. Patterns should begin and end at exactly the same spot. This will indicate the performer's accuracy.
2. Correct posture and facings must be maintained at all times.
3. Muscles of the body should be either tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.
5. Movements should be accelerated or decelerated according to the instructions in the Taekwon-Do encyclopedia.
6. Each pattern should be perfected before moving on to the next.
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.
9. Attack and defense techniques should be equally distributed among right and left hands and feet.

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### The Reason for 24 Patterns:

The life of a human being is perhaps 100 years, can be considered as a day when compared with eternity. Therefore we mortals are no more than simple travelers who pass by the eternal years of an eon in a day. It is evident that no one can live more than a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for thousands of years. And some people strive to bequeath a good spiritual legacy for coming generations, in this way giving immortality. Obviously the spirit is perpetual while material is not. Therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing in our lives. Here I leave Tae Kwon Do for mankind as a trace of man of the late 20th century. The 24 patterns represent 24 hours, or day, or all my life.



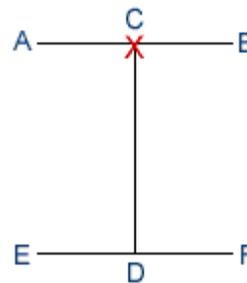
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## Hwa-Rang

### High Red/2nd Grade

#### Movements: 29

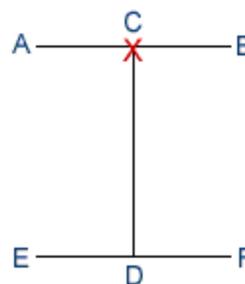
#### Ready Posture: Closed Ready Stance C



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 with the left fist.
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 fore fist, at the same time bending the right elbow about 45 degrees outward.

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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.



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 fingertip.

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.

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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 side 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.

