

2nd Kup - Grading to Black Stripe

Line Work:

- *L-stance Obverse punch [forwards and backwards]*
- *Walking Stance punch – grab & side kick release landing in L-stance Knifehand Strike [forwards only]*
- *2 high section turning kicks (performed in continuous motion) landing in Knifehand guarding block [forwards only]*

Pad Work:

- Any of pad work elements from previous grades

Patterns:

- Hwa-Rang
- Do-San
- Examiners choice

Partner work:

- *Free Sparring*

Pre-arranged Sparring: 1-Step (see full technique explanations - Page 31)

- No 3 – Move onto 45° angle in sitting, LH palm pushing block with RH punch to floating ribs
- No 4 – Side shift to outside in KH Guarding block, side piercing kick to floating ribs, followed by stepping back out of range
- *2-step (1-4) – {This element is taught to introduce the knowledge and skill but is not assessed in the 2nd Kup grading}*

Self Defence: Nos 1 through to 9

Breaking (Power Test): Any hand and any foot technique

Theory: You will be asked 5 questions from those listed below. Young children may learn just key words.

History/Culture:

- What is the meaning of Hwa-Rang? *Hwa-Rang is named after the Hwa-Rang youth group, which originated in the Silla dynasty in the early 7th century. The 29 movements of the pattern represent the 29th infantry division, where Taekwon-Do developed into maturity.*
- How many moves in Hwa Rang? *29*

Korean Terminology

- Upward Punch: *Ollyo Jirugi*
- Side Elbow Strike: *Yop Palkup Terigi*
- Palm Pushing Block: *Sonbadak Miro Maki*
- Sliding Motion: *mikulgi*
- Grasping: *Butjaba*
- Vertical Stance: *Soojik Sogi*

Technical Knowledge:

- What is a consecutive kick? *2 kicks from the same leg attacking 1 or more opponent.*
- What is the difference between a thrust and a strike?
 - **Strikes (or punches)** can be used against hard or soft targets, the aim being to break, pierce or penetrate the body part being targeted. This is achieved by focusing the breathing and other elements of power to the end of the technique. Both techniques accelerate in a relaxed manner throughout the execution resulting in a dynamic twisting motion, normally between 90 and 180 degrees depending on the technique being used and its starting position.
 - **Thrusts** are only used against soft targets. This technique reaches the target under tension and at a constant speed after its initial acceleration, exhaling throughout. This means they are effective anywhere on the line of attack.

How many patterns are there in Taekwon-Do, and why is there this number?
“The 24 patterns represent 24 hours, one day, or all my life”. General Choi Hong Hi