



Promotion to Black Stripe – 1st Kup

- **Warm up**
Sprint on the spot
35 press ups
35 sit ups
35 jumping jacks
25 squat thrusts
- **Traditional line work**
L - stance - low knife hand guard
Fixed stance - middle side punch
L - stance - side kick (back leg), reverse knife hand strike, spinning knife hand strike
L - stance - side kick (back leg), back kick, reverse back fist strike
W - stance - turning kick (back leg), reverse turning kick, reverse punch
L - stance - jump front kick (back leg), obverse, reverse punch
Walking stance - high twin vertical punch, front push kick (back leg) land in L stance with forearm guarding block
Walking stance – Obverse, reverse punch, knee strike (back leg) – L stance forearm guard
- **Patterns** Up to and including Hwa-Rang.
- **Freestyle line work**
Turning kick - side kick (both kicks of the back leg)
Lead leg inward to outward crescent kick - back leg front kick (high section)
Double lead leg turning kick - spinning crescent kick
Double lead leg side kick - back leg turning kick (high section)
Jump knee
Jump front kick
- **Set sparring**
Three step semi free sparring
Three step sparring numbers 1 to 10
Two step number 1 & 4
One step sparring
- **Bag Work**
Bag work – flying side kicks 10 each leg
Front kicks, turning kicks, side kicks, back kicks, jump back kicks & jump front kicks
- **Pad work**
Pad drill 1 to 4 (right and left side)
Pad drill 5 (right side only)
- **Sparring**
Free sparring
Two on to one sparring
- **Self defence**
Single lapel grab with other hand round throat
Front guillotine choke
All previous knife defences
Kicks and punches whilst on the ground (attacker standing)
All previous self defence techniques to be included
- **Power test**
Hand destruction - student choice technique
Kick destruction - student choice technique
- **Theory**
All theory to be learnt on the reverse of this document
Personal questions from examiner



PROMOTION TO BLACK STRIPE

- 1. What is the ready position on Hwa - Rang called?**
Closed ready stance C.
- 2. Name all the kicks in Hwa - Rang?**
Middle section side kick – High section turning kick.
- 3. In the pattern Hwa - Rang where is the downward knifehand strike aimed?**
The shoulder.
- 4. Where did the Hwa – Rang youth group originate from?**
Silla Dynasty.
- 5. What is the meaning of black belt?**
Please see below
- 6. How many movements are there in pattern Hwa - Rang and what is its meaning?**
Please see below.
- 7. What does indomitable spirit mean?**
A spirit that cannot be subdued or overcome and allows a person to have determination & the confidence to handle the many challenges and obstacles in life.
- 8. Name all the stances in Hwa - Rang?**
*Closed ready stance C
Sitting stance
L stance
Vertical stance
Walking stance
Closed stance
Fixed stance*
- 9. Philosophy - what has Tae Kwon Do done for you, why do you want your black belt?**
Please give an answer that is applicable to you.

MEANING OF BELT COLOURS

BLACK

Opposite of white, therefore signifying the maturity and proficiency in TAE KWON-DO. Also indicates the wearer's imperviousness to darkness and fear.

Hwa-Rang Tul (29 movements)

Hwa Rang is named after the Hwa Rang youth group which originated in the Silla Dynasty in the early 7th century. The group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29th infantry Division, where Tae Kwon Do developed into maturity.

To be learnt when you are a red belt, 2nd Kup.