



Cassie Oury's Children's School of Tae Kwon-Do



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Grading Requirements

2nd Kup (Red Belt) to 1st Kup (Black Tag)

Theory

Red represents danger, cautioning the student to exercise control and the opponent to stay away.

Black is the opposite of white: signifying maturity and proficiency, also symbolising the wearers imperviousness to darkness and fear.

Hwa Rang (29 movements) literally means 'flowering youth'. It was named after an army of young warriors who were first mentioned in AD 600. Over the years they played a major role in the reunification of Korea's three kingdoms. The 29 movements in the pattern refer to the 29th infantry division in which Tae Kwon-do developed into maturity. [Note that the founder, Major General Choi Hong Hi, served in the 29th infantry division]

Upwards punch

Ollyo jirugi

Pressing kick
Reverse hooking kick
Crescent kick

Noolo chagi
Bandai dollyo goro chagi
Bandal chagi

Practice

Line work – combinations

Stepping forwards – straight fingertip thrust into backfist strike

Stepping backwards – circular block

Stepping forwards – turning kick, reverse turning kick

Stepping backwards – upset fingertip thrust

On-the-spot jumping front kick

3-step semi-free sparring (advanced)

2-step sparring (1-8)

1-step sparring (advanced)

Pattern (choice)

Pattern (set)

Free sparring

Hwa Rang