

## Red Belt

### LINE WORK FOR 2ND KUPS

FWD – DOUBLE SIDE KICK LAND IN L-STANCE GUARDING BLOCK

BWD – UPWARDS PUNCH FROM HWA-RANG

FWD – TURNING KICK ALTERNATE LEGS FROM HWA-RANG LAND IN L-STANCE KNIFE HAND GUARDING BLOCK

BWD – SLIDE BACK IN TO L-STANCE WITH LOW BLOCK AND BACK FIST STRIKE FROM PATTERN TOI-GYE

FWD – DOWNWARDS KICK LAND IN L-STANCE REVERSE PUNCH KIAP PULL BACK TO GUARD

BWD – FIXED STANCE U-SHAPED BLOCK

FWD – COMBINATION FROM PATTERN HWA-RANG WALKING STANCE PUNCH/GRAB FIST/SIDE KICK/KNIFE HAND STRIKE L-STANCE

BWD – SLIDE BACKWARDS IN TO L-STANCE REINFORCED ELBOW STRIKE

FWD – JUMP FRONT KICK KIAP LAND L-STANCE GUARDING BLOCK

PATTERNS – STUDENTS CHOICE

PATTERNS – EXAMINERS CHOICE

PATTERNS – EXAMINERS CHOICE

PATTERNS – EXAMINERS CHOICE

PATTERNS – HWA-RANG

1 STEP SPARING – ADVANCED – 6 EFFECTIVE COMBINATIONS

PAD WORK – REVERSE TURNING KICK USING BACK OF THE HEEL BOTH LEGS, REVERSE KNIFE HAND STRIKE BOTH ARMS, JUMP BACK KICK FAVOURITE LEG

FREE SPARING

## THEORY

### TYPICAL THEORY FOR 2ND KUPS

Theory for your 2nd Kup grading typically consists of 3 more questions relating to the training that you have done so far

### THE MOST COMMON QUESTIONS ARE:-

What is the meaning of your pattern and how many movements does it have?

Where are you hitting with an upwards punch?

Where are you hitting with a downwards knifehand strike?

Give a brief history of Tae Kwon-Do

What is the Korean for slide and why use it within your pattern?

Name 3 patterns with releasing movements and how do they differ?

What is the purpose of a pushing block?

The three punches towards the end of the pattern in L-stance, are they obverse or reverse punches, and why?

Explain what is happening when you work the low block and middle block together from your pattern?

Name as many different punches as you can?

What does the colour red signify?

Remember that these are just examples of questions you might be asked at a grading, a student should have a good knowledge of their theory before going to grade.