**2ND KUP RED BELT THEORY**

MEANING OF PATTERN HWA RANG

HWA RANG is named after the Hwa Rang Youth Group which originated in the Silla Dynasty about 600 A.D. This 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.

MEANING OF BELT COLOUR RED

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

MEANING OF BELT COLOUR BLACK

Black opposite of white, therefore, signifying the maturity and proficiency in Tae Kwon-Do. Also indicates the wearers imperviousness to darkness and fear.

KOREAN TERMINOLOGY

FINGERTIPS – SONKUT
INSTEP – BALDUNG
SWEEPING BLOCK - HULLYO MAKGI
PUSHING BLOCK - MIRO MAKGI
UPWARD PUNCH - OLLYO JIRUGI
TWISTING KICK- BITURO CHAGI
FLYING HIGH KICK - TWIMYO NOPI CHAGI

Why do you do Tae Kwon-Do?

What has Tae Kwon-Do done for you?