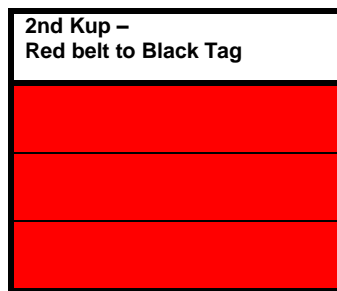


## 2<sup>nd</sup> Kup Theory



All previous theory and techniques plus:

### Hwa-Rang Tul 29 moves

Hwa-Rang is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7<sup>th</sup> century. This group eventually became the driving force for the unification of the three kingdoms of Korea (Paekche, Koguryo and Silla). The 29 movements of the pattern refer to the 29<sup>th</sup> Infantry Division, where Tae Kwon-Do developed into maturity. (The numbers 2 and 9 are also significant, the 2 represents Korea divided and the 9 represents the fist. General Choi also founded the 29<sup>th</sup> Infantry (fist) Division.)

### Meaning of Colour Black

Black is the opposite of white, it therefore signifies maturity and proficiency in Taekwon-Do, it also indicates the wearer's imperviousness to darkness and fear.

### New Terms

Closed Ready Stance C = Moa Junbi Sogi C

Palm Pushing Block = Sonbadak Miro Makgi

Upward Punch = Ollyo Jirugi

Downward Knife-hand Strike = Naeryo Sonkal Tirigi

Sliding = Mikulgi

Vertical Stance = Soojik Sogi

### VERTICAL STANCE – SOOJIK SOGI

Width = Width of your foot (heel of front foot in line with heel of rear foot)

Length = Feet 1 times shoulder width

Weight distribution = 60% back leg; 40% front leg

Knees of both legs are locked

Soles of both feet are flat on the ground

Rear leg indicates whether it is a right or left stance

### SIGNIFICANCE OF THE BLACK PIPING ON THE BLACK BELT UNIFORM

The black piping on the uniform – measuring 3cm in width represents the three kingdoms of Korea – SILLA, BAEK-JE & KOGURYO. The aristocracy of ancient Korea wore black piping.