

What does Red Belt Signify?

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

What is the difference between 1, 2 and 3-step sparring?

Use of focus, distance and timing become vital as the complexity of techniques increases. The student needs to look to the tenets of Tae Kwon-Do and exercise self-control, in addition to adding an element of realism. The complexity of the attack is increased from punching to hand and foot combinations. The use of speed and reaction also aids with the realism of set sparring.

What is the difference between a strike and a thrust?

A strike is designed to smash or destroy the target area and can impact from any angle to either soft or hard targets.

A thrust is designed to penetrate the target area and only drives straight towards the soft areas of the body.

Which patterns have a release move in them?

Do San, Joong Gun & Hwa Rang

What is the Red Belt Pattern?

Hwa Rang Tul

What is the meaning of Hwa Rang Tul & how many movements does it have?

Hwa Rang is the name given to an army of young warriors, from the Silla Dynasty of Korea. They were first mentioned in AD 600, and over the years they gradually became a significant force in the unification of Korea's three kingdoms.

Hwa Rang means "Flowering Youth", and comprises of 29 movements which refer to the 29th Infantry Division where Tae Kwon-Do developed.

29 Movements.

Korean Translations

Closed Ready Stance 'C'	Moa Junbi Sogi 'C'
Palm Pushing Block	Sonbadak Miro Makgi
Outer Forearm Low Block	Bakat Palmok Najunde Makgi
Inner Forearm Middle Block	An Palmok Kaunde Makgi
Sitting Stance	Annun Sogi
Walking Stance	Gunnun Sogi
'L' Stance	Niunja Sogi
Vertical Stance	Soo Jik Sogi
Upward Punch	Ollyo Jirugi
Obverse Punch	Baro Jirugi
Knife Hand Downward Strike	Sonkal Naeryo Taerigi
Side Elbow Thrust	Yop Palkup Tulgi
Release Move	Jap Yasol Tae
Side Piercing Kick	Yop Cha Jirugi
Double Punch	Doo Jirugi

Knife Hand Strike
Upper Elbow Strike
Downward Kick
Crescent Kick
Hooking Kick
Reverse Turning Kick
Flying Side Kick
Turning Kick
Front Snap Kick
Flying Kick
Back Kick
Side Piercing Kick
Reverse Hook Kick

Sonkal Taerigi
Wi Palkup Taerigi
Naeryo Chagi
Bandal Chagi
Golcho Chagi
Bandaedollyo Chagi
Twimyo Yop Chagi
Dollyo Chagi
Ap Cha Busigi
Twimyo Chagi
Dwit Chagi
Yop Cha Jirugi
Bandaedollyo Goro Chagi