

HIGH RED BELT TESTING REQUIREMENTS

**Note to parents of young students: Please help your child study and practice the required knowledge*

Pattern

4-Directional Thrust
Hwa-Rang

Kicks

Front checking kick
Side checking kick
Outward pressing kick
Inward pressing kick
Stamping kick
Back snap kick
Mid-air 180° reverse hook kick (offensive)
Flying vertical kick with the footsword
Flying vertical kick with the reverse footsword
Quadruple kicks
Four consecutive kicks – same direction

Hand Techniques

Pushing block with the palm
Upward punch with the forefist
Downward strike with the knife-hand
Side front block with the inner forearm
Side thrust with the elbow

New Stances

Vertical stance
Close ready stance type "C"

Step Sparring:

Advanced 1-step sparring
Beginning semi-free sparring

**Print out the Step Sparring Worksheet at end of this document and memorize the format.*

Ho Sin Sul (self defense)

Demonstrate six pressure points against a passive partner
Demonstrate two pressure points against an attacking partner

Tournament Competition

Tournament competition is required for this rank. A minimum of one USTF tournament is required.

Breaking

Men

2 non-supported boards with an outward knife-hand strike, inward knife-hand strike, or inward knife-hand strike with the reverse knife-hand

3 boards with front snap kick or turning kick
or 4 boards with side piercing kick or back piercing kick

Women/Juniors

1 non-supported board with outward knife-hand strike, inward knife-hand strike or inward knife-hand strike with the reverse knife-hand

2 boards with front snap kick or turning kick
or 3 boards with side piercing kick or back piercing kick

Peewee

1 board with front strike with the elbow

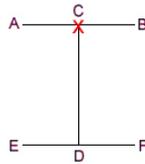
1 board with front snap kick or turning kick
or 2 boards with back piercing kick

Required Knowledge

1. Hwa-Rang pattern information:

Hwa-Rang is named after the Hwa-Rang youth group, which originated in the Silla dynasty in the early 7th Century. 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 Taekwon-Do developed into maturity.

Diagram: Capital "I"



Number of moves: 29

2. The Five Parts of the Hwa-Rang Warrior Code:

- a. Be loyal to your king
- b. Be obedient to your parents
- c. Be honorable to your friends.
- d. Never retreat in battle
- e. Make a just kill

3. The Six Factors in the Theory of Power:

- a. Reaction Force
- b. Breath Control
- c. Speed
- d. Concentration
- e. Equilibrium
- f. Mass

4. Characteristics of a Vertical Stance:

length: 1.0 shoulder widths

measured from: **front foot** – tip of the big toe
rear foot – inside of big toe

width: 0 shoulder widths

measured from: **front foot** – n/a
rear foot – n/a

weight distribution: 40% (front), 60% (back)

available facings: half

additional notes: Both knees are locked. The heel of the front foot is slightly inside the heel of the rear foot. The front foot points 15 degrees in from the front and the back foot points 15 degrees in from the side. This stance is named after the rear foot.

5. Characteristics of a Close Ready Stance Type "C" Stance:

length: 0 shoulder widths

measured from: **front foot** – n/a
rear foot – n/a

width: 0 shoulder widths

measured from: front foot – n/a
rear foot – n/a

weight distribution: 50% (front foot), 50% (rear foot)

available facings: full

additional notes: Both feet are together and parallel with both knees locked. Both hands are knife-hands with fingers pointing down. The left knife-hand is on top of the right, with the left-hand index finger on the right-hand ring finger. The hands are held 10 cm (4.1 inches) in front of the lower abdomen.

Certification

Students are encouraged to become USTF certified class "C" referees

ADVANCED ONE STEP SPARRING (to test to High Red through 6th DAN)

1 Attack (Hand or Foot)

Multiple Counter Attacks (alternating between Hand and Foot Techniques)

1. A (Attacker) and D (Defender) come to Attention Stance and bow to each other
2. A and D simultaneously step into Parallel Ready Stance (A steps with right foot, D steps with left foot)
3. D will tell A which attacks to perform and which stances to use
4. A will remain in Parallel Ready Stance (if doing hand attack) or will step back into L-Stance (if doing foot attack), executing middle Guarding Block with Outer Forearm
5. Depending on D's preference, D will remain in Parallel Ready Stance or (simultaneously to A stepping back into L-Stance) will step back into L-Stance, executing middle Guarding Block with Outer Forearm
6. A will kihap to signal readiness to attack
7. D will kihap to signal A to begin
8. A will perform designated attack, D will block designated attack, then D will perform multiple counter attacks.
9. After the last of the counter attacks, D steps back into L-Stance/Guarding Block and kihaps (if last counter attack is a foot technique, D sets foot down forward into L-Stance/Guarding Block after the kick, *then* steps back into L-Stance/Guarding Block and kihaps)
10. At end of routine, **A and D** simultaneously **step forward** into Parallel Ready Stance
11. A and D switch roles and the new D and new A repeat the sequence of events described above.

*For Advanced 1 Step Sparring, multiple counter attacks are to be used, but the number shouldn't be excessive. They may include combination, consecutive and/or multiple hand and foot techniques. Advanced 1 Step Sparring is designed to allow D to demonstrate their kicking ability, so foot techniques should be emphasized.

*A will alternate between hand & foot attacks in each routine & D will alternate counter attacks similarly.

*D's counter attacks should demonstrate General Choi's concept of "one kick or one punch" to end a conflict (*if you don't know what this concept means, ask*).

*No double or consecutive foot techniques are allowed. However D may block with a defensive foot technique, then counter attack with an offensive foot technique (consecutively).

*If last counter attack is a foot technique, D will first step forward into L-Stance with middle Guarding Block with Outer Forearm, and then step with right foot into Parallel Ready Stance

General Rules:

1. Select *counter* attacks & blocks required for your next testing (*attacks* should be kept basic).
2. Use correct terms when telling Attacker what to do.
3. Use few words.
4. No contact on attacks/counterattacks (but as close as possible). Light contact on blocks.
5. Demonstrate speed, power, control.
6. Demonstrate blocks/attacks to proper target and with proper tool.
7. Don't rush step sparring. This causes sloppiness.
8. Use proper measuring and good stances so as to not hurt your partner or throw off distancing.
9. Dodging should be used 1 or 2 time per your 5 total routines.
10. All Step Sparring should be done with a high degree of formality and courtesy.

Routine #1

Stance D begins from	Parallel Ready Stance
Attack	High obverse Front Thrust with right Flat Fingertip <i>(stepping from Parallel Ready Stance into right Walking Stance)</i>
Defense	Rising Block with left Knife-Hand <i>(stepping back from Parallel Ready Stance into left Walking Stance)</i>
First Counter Attack	low Front Snap Kick (left) <i>(lead leg, from left Walking Stance)</i>
Second Counter Attack	Side Thrust with left Elbow <i>(sliding with lead leg into left L-Stance)</i>
Third Counter Attack	Back Snap Kick (left) <i>(from left L-Stance)</i> <i>*step backward into L-Stance/Guarding Block and kihap</i>

Routine #2

Stance D begins from	Parallel Ready Stance
Attack	middle obverse Punch (right) <i>(stepping from Parallel Ready Stance into right Walking Stance)</i>
Defense	middle Crescent Kick (right) <i>(lead leg, from left L-Stance)</i>
First Counter Attack	middle Side Piercing Kick (right) <i>(consecutive kick, after the crescent kick)</i>
Second Counter Attack	high obverse Side Strike with right Backfist <i>(stepping down into right Walking Stance)</i>
Third Counter Attack	Outward Pressing Kick (right) <i>*ask about this if you don't understand target or application</i> <i>(lead leg, from right Walking Stance)</i> <i>*step backward into L-Stance/Guarding Block and kihap</i>

Routine #3

Stance D begins from	Parallel Ready Stance
Attack	
Defense	
First Counter Attack	
Second Counter Attack	
Third Counter Attack	<i>*step backward into L-Stance/Guarding Block and kihap</i>

Routine #4

Stance D begins from	Parallel Ready Stance
Attack	
Defense	
First Counter Attack	
Second Counter Attack	
Third Counter Attack	<i>*step backward into L-Stance/Guarding Block and kihap</i>

Routine #5

Stance D begins from	Parallel Ready Stance
Attack	
Defense	
First Counter Attack	
Second Counter Attack	
Third Counter Attack	<i>*step backward into L-Stance/Guarding Block and kihap</i>

BEGINNING SEMI FREE SPARRING (to test to High Red Belt)

2 Attacks (any tools, hand or foot done spontaneously)

2 Counter Attacks (any tools, hand or foot done spontaneously)

12. A (Attacker) and D (Defender) come to Attention and bow to each other
13. A and D simultaneously step into Parallel Ready Stance (A steps with right foot, D steps with left foot)
14. Simultaneously, A and D step back into L-Stance, executing Guarding Block
15. A kihaps to signal readiness to attack
16. D does not kihap in response, but must be ready to defend as soon as A kihaps
17. A does spontaneous Attack 1 and D blocks this simultaneously
18. D does spontaneous Counter Attack 1 and A blocks this simultaneously
19. A does spontaneous Attack 2 and D blocks this simultaneously
20. D does spontaneous Counter Attack 2
21. A & D simultaneously step backward into L-stance, Guarding Block, and D kihaps.
22. At end of routine, **A and D** simultaneously step **forward** into Parallel Ready Stance
23. A and D switch roles and the new D and new A repeat the sequence of events above.

*This is not a pre-arranged exercise. Be able to perform Semi-Free Sparring with anyone at any time, spontaneously and without pre-arranged routines.

*Attacks/Counter Attacks should include variety, and since Taekwon-do is a kicking art, foot techniques are encouraged

*Routines should be realistic and should incorporate General Choi's concept of using "one kick, one punch" to end a conflict

General Rules:

1. Select *counter* attacks & blocks required for your next testing (*attacks* should be kept basic).
2. Use correct terms when telling Attacker what to do.
3. Use few words.
4. No contact on attacks/counterattacks (but as close as possible). Light contact on blocks.
5. Demonstrate speed, power, control.
6. Demonstrate blocks/attacks to proper target and with proper tool.
7. Don't rush step sparring. This causes sloppiness.
8. Use proper measuring and good stances so as to hurt your partner or throw off distancing.
9. Dodging should be used 1 or 2 times per your 5 total routines.
10. All Step Sparring should be done with a high degree of formality and courtesy.

Format:

A and D go simultaneously to Parallel Ready Stance then backward to L-Stance, w/ A kihaping

A attacks

D defends (simultaneous to A's attack)

D counter-attacks

A defends (simultaneous to D's counter-attack)

A attacks

D defends (simultaneous to A's attack)

D counter-attacks

A and D simultaneously step backward to L-Stance/Guarding Block. D kihaps.

A and D simultaneously step forward into Parallel Ready Stance.